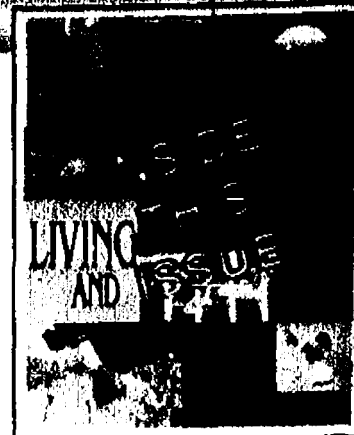


# CRAWFORD COUNTY AVALANCHE



Thursday, October 24, 2002

Publishing in Grayling since 1879

50¢

## Crawford County gets wrapped in first blanket of snow



Photo by Cheryll Ruley

Well, the calendar may have said October 22, but it's sure beginning to look a lot like winter may not be too far away as Crawford County and other areas in northern Michigan woke up Tuesday morning to this year's first light blanket of snow. In the past few weeks, snow showers have teased, but there was no accumulation until now. This scarecrow couple doesn't seem to mind the weather as they sit outside the Crawford County Historical Museum. By noon, the snow had all but disappeared.

## Seniors can prove 'Experience Works'

by Cheryll Ruley  
Staff Writer

When was the last time anyone invested a mere \$250, then netted services worth \$10,000? Other than recent reports of alleged insider trading, and some questionable cattle future investments a few years back, this sort of gain is unheard of -- except when it comes to the Experience Works program.

Field Operations Assistant for northern Michigan's Experience Works program, Sandy Farrugia, is anxious to help local non-profit and governmental agencies make the small annual investment of \$250 in exchange for taking on board a "seasoned" worker -- a value of about \$10,000 annually.

Farrugia said she has 15 workers, aged 55 years and older, currently employed through the Experience Works program. She covers territory in Crawford, Montmorency, Oscoda and Otsego counties. She is in dire need of more participating agencies and more experienced workers who need some added income.

Many people retire from full time employment at a much earlier age than 62 or 65. Farrugia said these people have years of experience in many fields, have developed good work habits and were faithful employees. She said the complaint she hears most often from employers is that younger employees just don't show up for work. Farrugia said their dependability is why hiring an older worker can be the best choice for an agency.

Experience Works (formerly

Green Thumb) is a federally-funded state program designed to help the older worker return to the work force through job training. After taking a few years off following retirement, many people find they need extra income, but are now lacking the confidence or skills to re-enter the working world. "So many people who haven't worked in a long time would like a good job, but they are worried," Farrugia said.

Experience Works places people in work settings, for 20 hours each week, where they can learn a new, marketable skill -- including computer skills -- then helps them find permanent employment following about a year with the host agency.

In Crawford County, for example, Experience Works has placed older workers at the Devereaux Memorial Crawford County Library (2), the Crawford County Commission on Aging, the Frederic Community Library, the Animal Shelter of Crawford County, the Crawford County Building and Zoning Department and the Housing Commission. Taking advantage of the program helps agencies battling tight budget conditions.

There is currently an opening for a clerical worker at the Crawford County Family Independence Agency office in Grayling.

Farrugia herself can vouch for the program and its advantages. To take the job as Field Operations Assistant, she left her Experience Works assignment with the Crawford County Clerk's Office

Continued on Page 2A

See "SENIORS CAN..."

## West Nile virus confirmed in Crawford County bird

District Health Department #10 (DHD#10) Health Officer B. Michael Skoog announced today that a bird in Crawford County has tested positive for the West Nile virus. West Nile virus has now been confirmed in the bird population in seven of the ten counties served by DHD#10, as well as in several counties bordering the district.

"Residents of Crawford County should know that the presence of West Nile virus has been confirmed in the area," states Skoog. "While it is important that people do not become overly alarmed, we should all be aware of what precautions to take and what symptoms to look out for."

In a press release dated October 18, the Michigan Department of Community Health (MDCH) reported 33 Michigan residents have now died from West Nile virus, and 455 "probable and confirmed" cases of human illness have been caused by West Nile virus. With the addition of Crawford County, 72 of the 83 counties in Michigan have confirmed the presence of West Nile virus in the bird population.

"It is important to recognize that West Nile virus presents few, if any, health risks for the large majority of people," states Hoda Asmar, M.D., Medical Director for DHD#10. "Most people who are bitten by infected mosquitoes do not get sick, while one in five will experience

only mild flu-like symptoms."

Symptoms could include fever, headache and body aches. "A small percentage of those who become ill with West Nile virus could develop encephalitis, which in some cases can result in death," Dr. Asmar states. Individuals who are at highest risk of illness are those older than age 50, especially the elderly and those with weakened immune systems.

Many species of birds, especially crows, are susceptible to West Nile virus and will die soon after becoming infected. This is the reason dead birds are considered the most sensitive indicator of West Nile virus in an area, and why state health officials test dead birds for the virus.

Mosquitoes become infected with West Nile virus when they feed on infected birds that carry the virus in their blood. Infected mosquitoes can then transmit the virus to humans and other animals while biting them to feed on their blood.

It is well-documented that West Nile virus is spread to humans by infected mosquitoes. Dr. Asmar joins MDCH and the U.S. Centers for Disease Control and Prevention in urging people of all ages to take common sense precautions to reduce exposure to mosquitoes. Dr. David Johnson, Chief Medical Executive for MDCH recently stat-

Continued on Page 3A

See "WEST NILE VIRUS..."

## GPA annual craft show draws hundreds



Photo by Linda Golinick

Grayling Promotional Association member Carol Batway and President Sharon Klinger prepare Caramel Apples in a Bowl as a fund-raiser during the organization's Annual Arts & Crafts Show on October 12. Hundreds of patrons strolled through the Grayling Elementary and AuSable Primary Schools to shop at over 90 vendor booths.

## City sets deadline for council seat applicants

The City of Grayling will be accepting applications for an open position on the City Council until 4:30 p.m. on Friday, November 1.

The city has one vacant seat on the council due to the resignation of Councilperson Kathy Awiszus. Awiszus is moving to Florida.

At a special meeting of the council on Monday, October 21, City Clerk Michele Moshier said the city has received four completed applications for the position so far, and 13 applications have been picked up overall.

According to city officials, applicants must be: at least 21 years of age, a registered voter, a resident of the state of Michigan for at least six months, and a resident of the City of Grayling for at least 30 days.

As of October 21, the council plans to interview candidates at a special meeting on November 6 or 7. At some point after the interviews, the council will appoint someone by majority vote.

The person appointed to fill the council position vacated by Awiszus will serve until the November election in 2003.

Applications can be picked up at the Grayling City Office on M-72 West.

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## Crawford County Avalanche

Crawford County's Newspaper since 1879

Vol 124 - No. 43. 28 PAGES - 2 SECTIONS

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## Commissioner races down to two districts

by Cheryl Ruley  
Staff Writer

Barring the filing of any last minute write-in candidates by 4 p.m. on November 1, races for seats on the Crawford County Board of Commissioners see competition in only two of seven districts this election year.

Running unopposed are incumbents District #1 Commissioner Harold "Tike" Golnick, District #2 Commissioner and current Chairman Scott Hanson, District #4 Commissioner Lynette Corlew, and District #7 Commissioner and Vice Chairman Terry Beardslee. All are Republican candidates.

Due to the county's increase in population revealed by the 2000 U.S. Census, new district lines were drawn and a seventh district was added, causing areas in the former District #6 to be re-named District #7. The remaining portions of the County, with the exception of District #1 (City of Grayling) were re-configured and new district lines drawn. Therefore, District #5, covering central and eastern parts of Grayling Township, has no incumbent commissioner seeking re-election. Two candidates -- Independent candidate Jay Stephan and Republican candidate Dave Stephenson -- will appear on the November 5 ballot in this district's race.

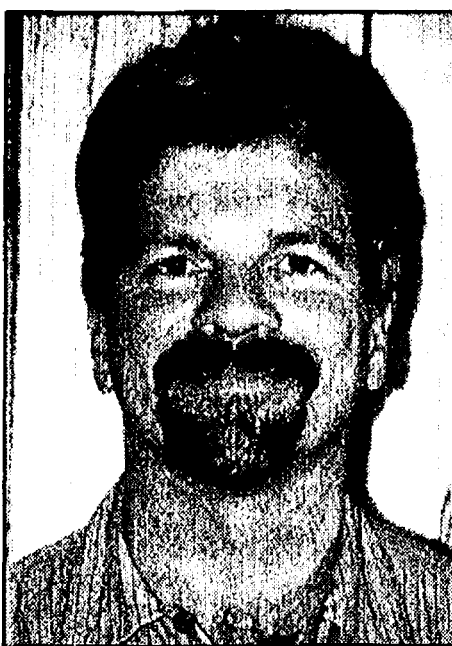
Currently, Elizabeth Wieland represents the former District #5, now drawn as District #6. Wieland, the County Board's only Democrat, is retiring from local politics at the end of her 2002 term and is not seeking re-election. To date, the only candidate seeking the seat in the new District #6 is Democrat Rick Anderson.

In District #3, Republican incumbent Shelley Pinkelman will face former commissioner and Frederic Township Supervisor, Brian Hulbert, on November 5. Hulbert switched parties -- from Republican to Democrat -- and mustered a last minute write-in campaign in the August primary election. He received 11 write-in votes, one more than needed to have his name placed

on the November ballot.

Candidates in the two contested races were asked to tell the voters about themselves in this edition of the *Avalanche*. The following are their responses to our correspondence.

### Commissioner District #3 (Frederic and Maple Forest Townships)



**Brian Hulbert (D)**

Democratic candidate Brian Hulbert is currently employed as a dispatcher and mechanic for the Crawford AuSable School District. He is the father of four and has one grandchild.

Hulbert said he enjoys spending his spare time with his children. He has especially enjoyed creating an ice rink for his daughter, Kelsey, and "talking race cars" with son, Ethan. He said he also enjoys being a grandfather to Trent.

Concerning his experience in government, Hulbert served for two years -- 1991 and 1992 -- as a Crawford County Commissioner and eight years -- from 1993 through 2000 -- as Frederic Township Supervisor. He has also served on the Board of the Crawford County Transportation Authority for four years.

Hulbert said he would like to serve as a Commissioner again because he likes the challenge and would like to see improvements made in the various communities of Crawford County. He said, "I believe my past experience in government will help me contribute to the county board of commissioners."

If elected, Hulbert said he would

like to help resolve some of the issues the county is facing at this time, such as the county budget, senior citizen issues, and property tax complaints.

In his opinion, Hulbert said the Crawford County Board of Commissioners' top priorities should be the budget, a senior citizen center, land use issues and county employee issues.

\* \* \*



**Shelley Pinkelman (R)**

Republican candidate and incumbent Commissioner, Shelley Pinkelman, has served District #3 for four years now. She is also a self-employed upholsterer and a sales associate director for Home Depot in Houghton Lake. She and her husband, David, share a combined family of three children (one deceased) and four grandchildren. Their youngest daughter, Jamie, is a sophomore at Grayling High School.

In her spare time, Pinkelman said she likes spending time with her daughter, sewing, working in her yard, hunting, and walking in the woods.

Besides her two terms as county commissioner, Pinkelman has served two years on the Frederic Township Compensation Board, four years on the Commission on Aging, two years as the County Board's liaison to the Crawford County Library Board, three years as the liaison to the Road Commission, four years on the Board of the Northeast Michigan Community Service Agency (NEM-CSA), two years on the Board of the

Northeast Michigan Council of Governments (NEMCOG), more than a year on the Personnel Board of District Health Department #10, and has served as the Chair of the Crawford County Personnel and Labor Committee for four years.

Pinkelman said she would like to continue serving as Commissioner because, "For the past four years, the role of County Commissioner has played a major role in my life. Not only has it been a job where I may express my views to better serve the community, it has also served me as an extremely useful learning tool. Since the beginning of my term, not a day has gone by that I haven't learned something from the job. I also believe I have done a lot to improve my district since 1998, and I think my fellow board members will agree, when I say I do have a lot to offer to the Board and my constituents in District #3."

If re-elected, Pinkelman said she would like to reach a resolution to the Crawford County/46th Circuit Trial Court funding dispute, re-establish 24-hour road patrol, research and develop grant funding for current and new programs, and see the second phase of the Grayling Fish Hatchery Restoration grant take place.

In her opinion, Pinkelman said the top priorities for the Crawford County Board of Commissioners should be to remove the reverter clause from county-held state-owned lands; to realize an independent, self-supporting housing commission; address capital improvements for county properties; restore county services to former levels prior to budget cuts; the completion and approval of the health department sanitation code; and continue to oppose the inclusion of the Upper Manistee River in the Natural Rivers Act.

Pinkelman is currently a student at Kirtland Community College, working toward an associates degree in criminal justice, and a member of the St. Francis Episcopal Church in Grayling. She said she is very goal-oriented and believes she has made a good county commissioner.

Continued on Page 3A  
See "COMMISSIONER...."

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## Seniors can prove 'Experience Works'

Continued from Page 1A

Crawford County Clerk's Office where she worked part time for nearly two years for Sandy Moore. Prior to that assignment, Farrugia gained experience in microfilming, computer operations and document preparations for Oscoda County.

"Sandy gave me a lot of confidence," Farrugia said. "She has a lot of patience and she was one of the nicest bosses anyone could have."

About participating in the Experience Works program, Moore said, "Older workers are worth their weight in gold. They've got experi-

ence, need very little training, and perhaps most importantly, have a mature work ethic. We gained so much from Sandy's assistance, I wouldn't hesitate to participate again when the opportunity arises. Best of all, I gained a great friend."

Farrugia said she encourages those who are 55 years of age or older to call her about the program. "This is a good way to get some training, get out of the house, boost your self-esteem and feel like you are making a difference in your community," she said.

To agencies who are thinking about enrolling in the Experience

Works program, Farrugia said consider the many advantages of this small investment and its big return. "It opens many doors for those who wouldn't take the chance otherwise and the agency doesn't have to worry about payroll, taxes and other benefits."

For more information about Experience Works opportunities -- whether an agency seeking a worker or a worker seeking job training -- call Sandy Farrugia in Mio at (989) 826-6107 days or (989) 826-2224 after 6 p.m. She will be more than happy to help explain the Experience Works program to you.

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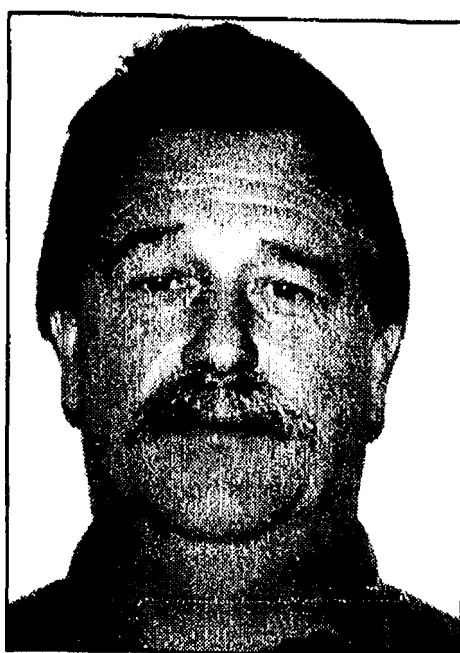
**Sandy Farrugia**  
Field Operations Assistant  
Experience Works

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# Commissioner races down to two districts

Continued from Page 2A  
Commissioner District #5  
(a portion of Grayling Township)



Jay L. Stephan (Ind)

Independent candidate Jay Stephan sent the *Avalanche* a letter that reads:

"Dear Friends,  
"As a licensed residential builder and small business owner/sawyer, I'm frequently involved in our community, as well as the fact my family has been here from the beginning. "I find myself interested in reading the law books we find in our Public Law Library. Through the years, I've enjoyed fishing, hunting and canoeing around this country of ours.

"Because our Constitution, our Declaration of Independence, and our Bill of Rights are under siege by big government, I believe in the Republic of the United States and feel to restore the Republic, one must start at the local unit of government.

"• We must bring fiscal responsibility to the county so, instead of spending, we can start to save a bit.

"• Private property rights, which are the rights of the property taxpayers -- not the public -- are essential.

"• Promoting development of the county to increase employment must be considered."

\* \* \*



Dave Stephenson (R)

Republican candidate Dave

Stephenson was asked to re-introduce himself to District #5 voters, following his win by only four votes over former Commissioner Loren Goodale in the August primary. He was also asked to concentrate on some issues he may have become aware of since that time. The following is his response written October 9.

"First, I would not change any of my thoughts or beliefs... they are still very much a high priority to me.

"Each day that goes by seems to bring more doom and gloom to the economy. All are being forced to cut back, slash costs. Our state and county are not immune to this.

"The current (County) Board and department heads have been working hard to balance their current budget and finalize a budget for 2003. Cuts and cut backs, loss of revenue, all seem the word of the day.

"What can we do? I think a thorough and searching review of each and every department within County government needs to be conducted as soon as possible.

"More times than not, once the train is headed down the track, we have the tendency to forget or overlook what it's carrying and why. We may even forget where we might be headed and it's cost to carry us there. All too often the response is: we've been carrying that same load

for years.

"Well, perhaps we no longer need to be carrying that load or perhaps it could be reduced or condensed to reduce our costs. We may even find a few more ways to increase our revenue without asking for more tax dollars.

"This should not be just a Board review. All must be involved. All have a stake in where the Crawford County Train is headed and at what cost.

"This may seem to some to be quite general in nature, but I feel this must be a united goal by all to have the best, most efficient running train we can have. Pointing fingers and playing Monday morning quarterback will accomplish nothing.

"It matters not whether elected, hired or appointed; all represent the taxpaying citizens of this county and it's their tax dollars that are being spent. We need to be as frugal and efficient as we can be with every dollar."

Stephenson concluded by saying his Republican opposition in the primary, Loren Goodale, was a good candidate, "well-liked and supported by those in District #5, as indicated by the close race" and asks the voters for their continued support.

\* \* \*

The staff of the *Crawford County Avalanche* says get out and vote November 5.

## West Nile virus confirmed in Crawford County bird

Continued from Page 1A

Executive for MDCH recently stated, "Mosquito activity, although somewhat decreased with the cooler weather, is still ongoing, and may continue for several weeks. Until mosquito activity and the risk of West Nile virus transmission end with considerably colder weather, we all must continue to reduce or eliminate our exposure to these insects."

There are many ways people can reduce their exposure to mosquitoes, including:

• Avoiding or minimizing outdoor activity at dawn, dusk and early evening when mosquito activity is high. If going outdoors, wear light-colored, long-sleeved shirts and long pants.

• Applying insect repellent that contains the active ingredient DEET to exposed skin or clothing, always following the manufacturer's directions for use on the label.

• Maintaining window and door screening to keep mosquitoes out of buildings.

• Draining standing water in the yard. Empty water from places where mosquitoes can lay their eggs, such as flower pots, pet bowls, clogged rain gutters, swimming pool covers, discarded tires, buckets, barrels, cans, and similar sites.

Since West Nile virus has been detected in the bird population in Crawford County, state officials will not be accepting additional birds for testing from Crawford County. However, surveillance activities will be ongoing. Citizens of Crawford County, and from elsewhere around Michigan, are encouraged to continue to report dead bird sightings to the West Nile virus toll-free hotline at 1-888-668-0869, or through a web site at [www.michigan.gov/mda](http://www.michigan.gov/mda) by clicking on "West Nile virus" and on "2002 Specimen Collection and Submission Instructions."

There is no need for individuals to panic if they find a dead bird. If the bird is found in a county where West Nile virus has already been detected and has been reported via the toll-free hotline or Internet, the bird should be double-bagged and properly disposed of in an outdoor garbage can. People are advised to avoid barchanded contact with dead birds; use disposable gloves or an inverted plastic bag to pick up a dead bird.

In addition to birds, West Nile virus is known to cause illness and sometimes death in horses. The Michigan Department of Agriculture (MDA) has confirmed a diagnosis of West Nile virus in 307 Michigan horses. MDA reports that while cats, dogs, cattle, and other domestic animals can harbor the West Nile virus, the virus does not cause illness in these animals like it does in birds and horses. Dogs and cats cannot become infected with

West Nile virus by eating an infected bird. Information about West Nile illness in Michigan horses can be found at [www.michigan.gov/mda](http://www.michigan.gov/mda).

Surveillance activities for West Nile virus in Michigan are being carried out through a collaboration between the Michigan Departments of Community Health, Agriculture, and Natural Resources. Michigan State University Animal Health Diagnostic Laboratory and Michigan State University Department of Microbiology and Molecular Genetics.

## Project Graduation fundraising begins

The Project Graduation Committee and the Grayling High School Class of 2003 has begun fundraising for the event with a cookie dough sale.

From October 21 through November 13, GHS seniors will be selling Janie's Cookie Dough in a variety of flavors at \$7.25 for each two-pound tub. The community is asked to support this fundraiser

which helps pay the expenses of the annual, chaperoned, drug-free and alcohol free all-night party following graduation ceremonies next June.

Volunteers are needed to help make this celebration a success. Meetings are open to the public and parents of high school students are encouraged to become involved. Help is needed on the fundraising

committee, decorating committee, publicity, etc. The next meeting is scheduled for Wednesday, November 13 at 7 p.m. in the teachers' lounge at the high school.

For more information or to order cookie dough (if you don't know a senior), call Michele Bugyi at 348-2816, Sue Longendyke at 348-4920, Charlotte Fairbotham at 348-1145, or Deb Helsel at 275-5759.

## Schools put newspaper to good use

Each year the *Crawford County Avalanche* provides newspapers to classrooms throughout the county. These newspapers are provided with no cost to the school.

To participate, the classroom teacher needs to call Linda Golnick, general manager of the paper, and

tell her what is needed - whether a specific edition or newspapers for the next several weeks.

In the last few years, newspapers have been provided to Frederic

Elementary, Grayling Elementary and Grayling Middle School.

The *Avalanche* is proud to be part of the effort to promote literacy in our schools.

### Correction

In an article published October 17, entitled "House bill would penalize mothers who misidentify fathers," Dr. Damon Adams was misidentified as Dr. Damon Dash. We regret the error and any confusion it may have caused.

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# OPINIONS



## ALMANACK

by Richard Milliman

### Banning straight party voting could backfire

IT'S NOT NICE to fool Mother Nature (as the old advertising catch phrase warns) and it's not nice to tinker with election laws, either.

Michigan Republicans decided to do some tinkering last year when along party lines legislators voted to prohibit voters from voting a straight party ticket with a single action.

Democrats and local election officials disagreed, and by petition demanded a statewide referendum on the new law. It will be proposal 02-1 on the November 5 ballot.

The wording on the ballot may be a bit tricky. If you want to keep the straight ticket voting privilege, you must vote "No." If you want to throw out straight ticket voting, you must vote "Yes."

If the new law is upheld, voters still can vote a party line ticket. Instead of pulling one lever, checking one box, poking out one chad to vote for all the candidates of one party or another, they still can pull, check or poke for all Democrats or all Republicans, but it will

take 12 or 15 actions to do so ... and that's before they get to the non-partisan judicial ballots, plus state and local propositions.

\* \* \*

OTHER CHANGES are embodied in the proposed new law, but the straight party vote option is the most controversial. Here's the actual wording of the November 5 ballot question:

"Public Act 269 of 2001 would:

"\* Eliminate 'straight party' vote option on partisan general election ballots.

"\* Require registered voters who do not appear on registration list to show picture identification before voting a challenged ballot.

"\* Require expedited canvass if presidential vote differential is under 25,000.

"\* Require ballot counting equipment to screen ballots for voting errors to ensure the accurate tabulation of absentee ballots. Permit voters in polls to correct errors.

"\* Provide penalties for stealing campaign signs or accepting payment for campaign

work while being paid as a public employee to perform election duties.

"Should this law be approved?"

The main argument by those who favor the proposal is that it will require voters to be better informed about the candidates, and will cause more voters to find their way to the lower parts of the ticket where voting turnout drops off severely.

The main argument against change is that it will cause confusion and long lines at the polls as voters ponder all their choices, which could cause more workers to be hired and more election machinery to be purchased, raising costs of elections.

Another argument is that candidates of one party or the other usually reflect similar political values, and straight party votes make it easier for the voter to put his/her political views into effect.

\* \* \*

ALTHOUGH MICHIGAN has enjoyed straight party voting for 115 years, it has been tinkered with before.

Seventy years ago, when Franklin D. Roosevelt was snowed under Republican opponents every four years, the Roosevelt vote had a huge effect on election of Michigan governors.

In 1932, FDR carried Michigan, and so did Democrat William Comstock for Michigan governor. In 1936, it was FDR and Democrat Frank Murphy, in 1940 FDR and Murray VanWagoner.

Michigan governors were elected for two year terms in those days, and in every non-presidential year during this run, a Republican won for governor in Michigan -- Wilbur Brucker in 1930, Frank Fitzgerald in 1934 and again in 1938, Harry Kelly in 1942.

Republicans controlled the legislature in 1941, and voted to separate the presidential and state ballots, to diminish the coattails of a heavy party vote for Mr. Roosevelt.

Sure enough, in the 1944 election, Republican Gov. Harry Kelly survived the FDR vote and won reelection -- the first Republican to win the Michigan governor's

chair in a presidential year since 1928.

There the law sat until after the 1952 election when popular Republican candidate Dwight D. Eisenhower handily carried Michigan for president -- but Democrat G. Mennen Williams won his third term as governor by a recount.

A Republican legislature soon changed the law back, permitting straight party voting again.

The plan in 2002 would require separate votes down the entire ticket, office by office, instead of just presidential and state ballots, but there's similarity.

Could coattail reasoning be involved in changing the ballot this time? Of course not, according to backers of the change.

But it may cause some old timers to wonder.

\* \* \*

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

# EDITOR

## County commissioners say taxpayers can't afford Court's demands

To the editor and some of the employees of the 46th Circuit Trial Court.

After much consideration, we feel it is necessary for the Crawford County Board of Commissioners to defend its actions with regard to the ongoing budget dispute with the 46th Circuit Trial Court. Therefore, this response was drafted concerning the letter to the editor which appeared on Wednesday, September 18 (Crawford County Avalanche, September 19 edition). The reason for this response is to fill in the "gaps" that have been either conveniently left out or, perhaps, never known.

The letter, signed by a number (not all) of the employees of the 46th Circuit Trial Court, first gave a brief history lesson of the consolidation of the 46th Circuit Trial Court. It stated if a base year of 1996 were used, the court could demonstrate "net savings" of over a million dollars. The Court's use of 1996 to argue it saved taxpayer's money is extremely misleading.

The Court uses 1996 as the basis for comparison because the following year it received substantial new money from the State. As such, it is not comparing apples to apples. For example, if the base year of 1997 is used, the so-called "net savings" turns into a "net cost" of \$211,000.

The Court did finally switch (effective January 1, 2001) to a less expensive health care plan that resulted in a \$10 prescription co-pay for the court employees. The Court was the last group to switch to the less expensive plan. This resulted in significant savings for only one year. Note: all other Crawford County employees had already agreed to

switch to the same health care plan over five years ago in order to save taxpayer dollars.

The Court employees also chose to re-allocate one half of a four percent wage increase toward a fund created to help pay for the cost of retiree health insurance for all Court employees and their spouses for the rest of their lives. Compare this to the County employees who changed to the same plan five years ago and received no additional benefits, outside of keeping their jobs for a while longer.

The Court also demanded to change to the most expensive pension offered by our pension plan, Michigan Employees Retirement System (MERS). Although it was anticipated the cost would be high, the cost of this change was increased substantially when the Court decided it wanted to change to not only the best pension benefit, but also wanted the benefit to be retroactive back to the original dates of hire.

The Court demanded Crawford, Kalkaska, and Otsego Counties pay extra to make the increase retroactive back to all previous years already worked by each Court employee and Judge. In essence, the Counties would have to pay to "catch-up" each employee for all the years they have worked. For simplicity sake, instead of an employee receiving a pension at level 2 for the first 10 years of employment and level 4 benefit for the next 10 years, the court demands its employees receive the level 4 pension for all 20 years. This creates a tremendous long-term, unfounded liability for the taxpayers in all three counties in excess of two million dollars, in addition to the cost for the highest

benefit level available.

As the County begins a new fiscal year, this will be the third time in the last eight years that the County could not afford to give any raises at all to department heads. The non-union County employees, elected officials and department heads, unlike the Court, are not "trading" their raises for a better benefit. They are not negotiating to forego receiving an increase for something else. The County simply can not afford to give them any increase in pay at all and they accept that fact.

We would submit that the Court should have trimmed its budget long before now. We would also suggest that the counties should not be held hostage to pay for the most expensive pension benefits for the Court in order to get the Court to trim its budget.

In the end, the Court employees are paying \$8 more for each prescription and trading approximately \$500 each (longevity + one-half of raise) per year. In return, the Court demands the Judges, employees and their spouses receive retirement health care insurance, paid by the three counties, for as long as they live and the best pension available for all years worked, back to the date of hire. The Crawford County Board does not believe this is a fair trade or that the taxpayers can afford it.

The claim that Crawford County agreed to these benefits for Court employees and then reneged on that agreement is absolutely untrue! The County always maintained it could not afford these benefits. In an effort to prove to the Court that its cost projections were wrong, the County Board went ahead and approved the Court's plan, capping the benefit costs as presented by the

Court. Within an hour, the Judge called the Chair of the Crawford County Board, stating because his (the Chair's) numbers were wrong, the Court shouldn't be held to them. The Board wouldn't, however, approve the Court's plan with the correct numbers because the cost was simply far too high.

The Court next requested the Board sign a contract, which the Court had prepared, that guaranteed the retiree health insurance for life and created the potential for a lawsuit against the County by a retiree or Judge or spouse. We declined to sign that contract. We also declined to approve the enhanced pension plan. We felt it was necessary to examine the real facts regarding the cost involved in both proposals by the Court.

Five different experts in the field of health care benefits, including both Blue Cross and an actuary, have advised the Board that the Court's plan will require a significant, continuous appropriation in order for the plan to stay afloat. As for the pension, an analysis shows it will cost the taxpayers an immediate liability of over \$2.3 million. The County Board felt that was unreasonable, unaffordable and unsaleable to the taxpayers of Crawford County. The Board, however, agreed to share the cost of this benefit with Judges and Court employees once we had accurate numbers from the Pension Administrator. The State of Michigan's Department of Treasury emphasizes:

"Before any pension benefit is increased, new benefit granted, or change made that may result in a cost increase to the plan, a supplemental actuarial evaluation must be completed. The report should be

given to the appropriate elected and appointed government officials before such change becomes effective. Additionally, before government officials vote on a change in a pension plan, the supplemental actuarial evaluation should be made available to the governmental officials and public for at least 30 days."

To date, we are still waiting for the accurate numbers regarding the cost, three months and counting.

The letter from the court employees mentioned that other County employees have an enhanced pension plan. Yes, some -- not all -- County employees are paying two to four percent of their gross wages for that plan, which is what the Board has proposed the Court employees do, i.e. pay for part of the cost of the best plan themselves. Limited forms of retirement health care are benefits to some employees, such as sheriff's personnel and central dispatch employees. However, we negotiated these benefits out of the current contracts for newly-hired employees due to the prohibitive cost. The Board has been very consistent in our stance on the cost of post-retirement health care; the Court employees are no exception.

By State Constitution, it is the Board of Commissioners who must come up with the funds necessary to operate the entire county, including the Courts. It appears the Court believes it should receive funds that are simply not available. Additionally, the Court does not feel required to limit its budget to available revenue, but rather is entitled to receive whatever it feels its needs are. Apparently, whatever is left over may then be allocated to the other departments such as the jail, law enforcement, Treasurer, etc. In fact, at one meeting, the Chief Judge stated, "if the requested court budget did not exceed the entire tax levy of the County, then the County has the ability to pay."

The County Board is required to fund the Court at a minimally serviceable level to perform the mandated responsibilities. The Crawford County Board does not feel paying health insurance for retired Judges, employees, and their spouses for life -- along with providing the most expensive pension

available -- is reasonable and necessary for the Court to operate.

Like any family's budget, the County's budget is limited to available revenues. We can not spend money we do not have. There simply is not enough money to allow everyone to have what they feel is needed. The County Board dedicates a great deal of time trying to divide up the limited resources in a fair and equitable manner. No agency or department receives all the money it feels it needs. In fact, some programs had to be eliminated altogether so that others may continue. The Court has, and will continue to receive, more than its fair share.

The Crawford County Board refused to concede to the demands of the Court. Kalkaska County has rescinded its motion to approve these benefits, stating it was misled by the Court. Only Otsego County continues to agree to pay for these benefits. As a result, Otsego County authorized these enhanced benefits, knowing that Crawford County had not agreed.

Otsego County has attempted to place a huge bill on the backs of Crawford County taxpayers, which was never authorized. Crawford County feels the money it has expended for legal advice to fight this issue is a "drop in the bucket" compared to the huge pension and retiree health insurance liability that would be taken on if these benefits were granted.

It has been difficult to try and reduce the struggle of the last three years into a concise and simple explanation. The Board and County officials are more than willing to answer any questions concerning this issue. The Crawford County Commissioners believe they have acted in the best interest of the taxpayers and we will continue to do so.

Crawford County Board of Commissioners  
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Terry Beardslee, District #6, Vice Chairman  
Harold Golinick, District #1  
Shelley Pinkelman, District #3  
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Published by Crawford County Avalanche, Inc., Ann Marie Milliman, president.  
Member of the Michigan Press Association and the National Newspaper Association.

USPS 136-860. Entered as Periodicals at the Post Office at Grayling, MI 49738 under the Act of Congress of March 3, 1919. Published each Tuesday at 102 W. Michigan Avenue, Grayling, MI 49738. For changing address, send US Post Office Form 3579 to the Crawford County Avalanche, P.O. Box 490, Grayling, MI 49738.

Subscription Rates: One year permanent subscription in Crawford, Roscommon, Kalkaska, Otsego, and Oscoda counties, \$20.00. Seasonal address changes add \$4.00. One year non-local, outside above counties, \$30.00. Foreign Countries, \$60.00. Senior Citizen discount (60 or older) \$2.00 off any of the above rates. Subscriptions rates are non-refundable.

Check us out on the Internet at [www.townnews.com/avalanche/](http://www.townnews.com/avalanche/)

## Tobacco money should go toward health care

To the editor,  
We have a lot to think about when we vote on November 5.

Not only will we be voting for an array of state and local officials, we also will be confronted with proposals that deserve our attention.

One of these is Proposal A. I have reviewed Proposal A and believe it deserves a "yes" vote. Let me tell you why.

When Michigan and other states reached a settlement with the cigarette makers, it was anticipated that the monies would be used to reduce

the burden on taxpayers of the cost of smoking. In Michigan, that did not happen. Instead, the monies were utilized for other purposes.

A vote for Proposal A will tell the state to use the tobacco settlement monies for health and medical care costs arising from smoking and other tobacco use.

I think this is a good idea. I recommend that we all vote "yes" on Proposal A.

Kenneth L. Eldridge  
Grayling

**DISCLAIMER - The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views and opinions of The Crawford County Avalanche.**



# BRIEFS

## Snowmobile safety school offered

Personnel from the Crawford County Sheriff's Office will conduct a complimentary Snowmobile Safety School on Saturday, November 2, at the Sheriff's Office (200 West Michigan Avenue in Grayling) beginning from 8:30 a.m. to 4 p.m. A lunch break will be held. Sheriff Kirk Wakefield suggests participants bring a bag lunch and drink. Participants should be at least 12 years of age. Upon successful completion of the school, participants will receive a Michigan Snowmobile Safety School Certificate. Class size is limited to the first 40 participants to register by calling the Sheriff's Office at (989) 344-3213.

## Senior Center to host three events

The Crawford County Commission on Aging's Senior Citizen Center on Lawndale in Grayling will host a Halloween Party on Saturday, October 26, from 6 p.m. to 8 p.m. All ages are welcome. Come in costume if possible. On Sunday, October 27, the Sunday Potluck Dinner will begin at 3 p.m. Bring a dish to share and tableware. Everyone is welcome. Also, a Craft Show will be held Saturday, November 16, from 10 a.m. to 3 p.m. Call the Center at 348-7123 and sign up for a table space. Everyone is welcome.

## Health Dept. offers flu shot clinics

The Crawford County office of District Health Department #10 has set dates for flu (influenza) shot clinics: Friday, October 25, from 10 a.m. to 1 p.m. at the Medicine Shoppe in Grayling; Monday, October 28, from 8:30 a.m. to 11 a.m. and Wednesday, October 30, from 8:30 a.m. to 12:30 p.m. at the Health Department office located at 202 Meadows Drive in Grayling. Medicaid or Medicare cards are required for those with coverage to allow for billing by the Health Department. Otherwise, shots are \$12 each and must be paid at the time of administration. All three clinics are walk-ins only. No appointment is necessary. Private providers and Grayling Mercy Hospital will also be providing flu shots in the community this fall.

## Fitness center sponsors blood drive

Hard Bodyz Sports Center, located in the Industrial Park at 2323 Dupont Street in Grayling, will host a special Great Lakes Region American Red Cross blood drive on Wednesday, October 30, from 2 p.m. to 7 p.m. Everyone is welcome and encouraged to participate.

## Hospice to benefit from Halloween Party

The Purple Frog Gallery, located at 31 East Higgins Lake Drive at Sharps Corners near South Higgins Lake Park, will hold a Benefit Halloween Party for Hospice of Michigan on Friday, November 1 at 6 p.m. The public is invited and prizes will be awarded for best costumes. A suggested donation of \$10 per person or \$15 per couple will cover the cost of refreshments and prizes, with about \$7 from each donation going to the general funds of Michigan Hospice which provides services to many area residents. A silent auction of art work and jewelry will also be held, with all proceeds going to Hospice as well. For more information, call the gallery at (989) 821-5500.

## Patchwork in the Pines features quilts

Hundreds of quilts will be on display Saturday, October 26 at Trinity Lutheran School in Traverse City when Ruffled Quilts Kin quilt guild hosts its 6th Patchwork in the Pines. Show hours are 9 a.m. to 4 p.m.; admission is \$4 for those over age 10 years, and free to children. Quilts will be available for purchase and a queen-size wholecloth quilt will be awarded in a raffle drawing. Proceeds will benefit local charities. For more information, call Karen Hill at (231) 263-7307.

## Lions Club looking for new members

The Grayling Lions Club invites everyone, no matter the age, gender or race, to join its organization.

Formed over 26 years ago, the Grayling Lions Club is part of an international organization founded with a desire to serve the communities in Crawford County. The club uses many money-making projects to raise funds to help meet many needs in the community. About 90 percent of these funds are donated to those needs.

The Grayling Lions Club is currently holding a membership drive.

An Open House is planned for Thursday, November 7 at 6:30 p.m. in the Club's meeting room at Skyline Ski and Country Club on Skyline Drive (south of Four Mile Road off Old 27) in Beaver Creek Township.

A light meal is planned along with a short, informational program to explain about Lionism and answer any questions about the organization. Again, everyone is welcome.

For more information, call President Bob Weller at 348-1460.

## Youth archery classes still have openings

The 4-H Office still has openings available for the Archery Program for youth ages eight years and above. Classes will be taught by certified instructors from the Bears Bowman Archery Club under the direction of Bill Weaver and held indoors at the Archery Club.

Archery classes will start on Monday, October 28, or Wednesday, October 30 from 6:30 p.m. to 7:30 p.m. with advanced classes from 7:30 p.m. to 8:30 p.m.

To begin, youth must be eight years of age or older by the date of the first class. For advanced class,

youth must have received a 4-H Certificate of Completion of the beginners' class.

Classes run for eight weeks, cost is \$16 per child and equipment is provided.

Advanced class students may bring their own equipment.

Register at the Crawford County MSUE Office located in the lower level of the Courthouse. Registration is limited; for more information, call the 4-H office at 344-3264. Income related scholarships are available through AuSable Valley Youth Services.

## Haunted Hike added to Halloween fun at Hanson

Some exciting changes have been made in the annual Spookfest Halloween Party at Hanson Hills.

The committee for young people who plan and organize the event wanted to plan something different for Halloween fun this year, so there will be a haunted hike beginning at the Little Smokey Cross Country Ski Lodge on Saturday, October 26 from 7:30 p.m. - 9 p.m. and Thursday, October 31 from 6:30 p.m. - 8:30 p.m. The cost will be \$2 per person.

A teen dance at the Main Lodge will follow the hiking on Halloween night from 9 p.m. - 11:30 p.m., the cost is \$3 per person.

Other events coming up this fall are on November 2 with the Backwoods Houndsman Association Dog Show and November 15 - 17 with the annual Ski Swap to benefit the Hanson Hills Ski Patrol.

For more information, call Hanson Hills at (989) 348-9266.

## Final days of Pumpkinfest are here

This weekend, October 26-27, will mark the final days of Pumpkinfest at Wellington Farm Park, near Grayling and Higgins Lake. For the annual fall celebration of the harvest, the 60-acre living history park has experienced record numbers of visitors. October 27 will mark the end of the festival and on that evening, Wellington Farm Park will close for the season.

There is no slowing down in the activities at the farm park just because it is the end of the season. All visitors to the farm will get a free extended hay ride into the park. Once the ride stops at the barnyard, visitors are free to explore the complex and enjoy it for as long as they like. And, there is plenty to do.

The grist mill is in operation, the blacksmith shop is open and operating, the carpenter shop is manned, and there will be interpreters in the barnyard area as well. The nature trails are available and provide a beautiful setting for a leisurely stroll through the environment of the beech and maple forest.

A short walk from the agricultural center of the complex will bring visitors to the social center, where they will find the picnic pavilion, the vesper grove, the summer kitchen and the cider mill, and once again there will be plenty of activity.

The cider mill will be in operation and in the picnic pavilion, workers will be making apple molasses. In the summer kitchen, interpreters will be hard at work turning out all sorts of delectable things to eat and using up the last remaining apples, squash and pumpkins.

After the park closes on October 27, the only remaining activities will be the Halloween Hay Rides on the evenings of October 28 and 29. These special hay rides begin at 6:30 p.m. each evening and will continue every half hour. The last ride will

depart the Wellington Farm Park Visitor Center at 8:30 p.m.

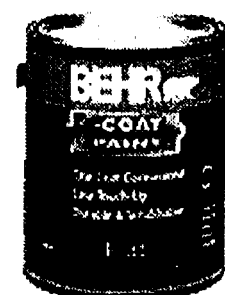
The entire Halloween experience takes about one hour. Cost for the ride is \$4 per person. One adult will be allowed to ride free with each group of children.

Because of the popularity of the hay rides, reservations must be made ahead of time by calling, toll-free, 1-888-653-3276 or at the park's web site: [www.wellingtonfarmpark.org](http://www.wellingtonfarmpark.org).

Wellington Farm Park in Beaver Creek Township, is located between Grayling and Higgins Lake on Military Road. Easy directions can be found at the park's web site or by calling the toll-free number above.

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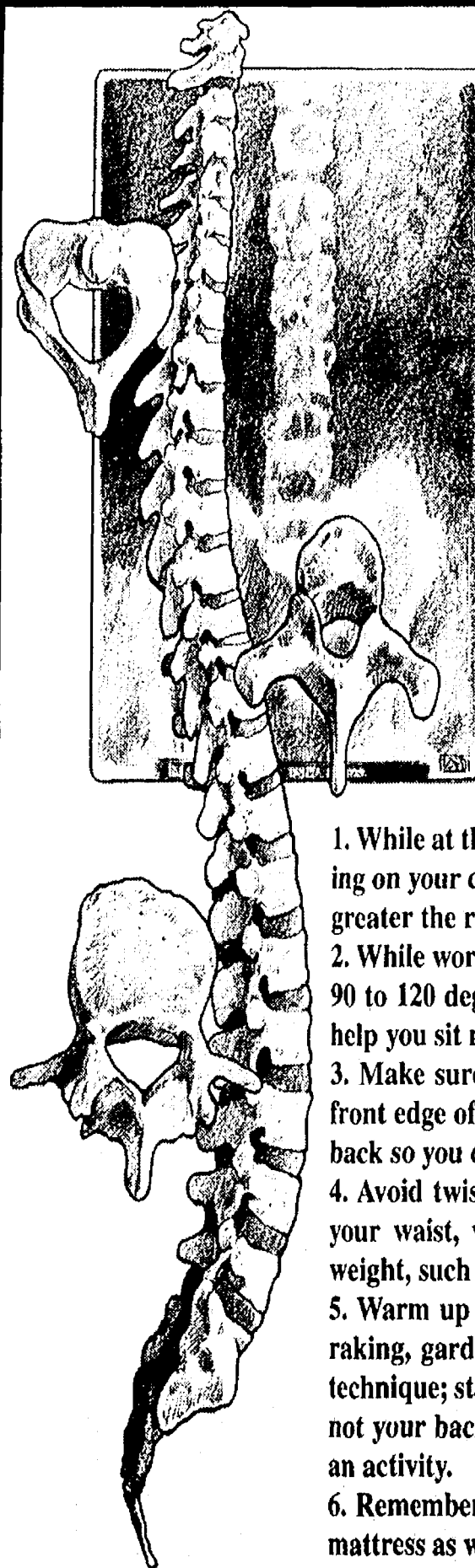
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Governor John Engler Declares October as  
**Spinal Health Care Month**

Many of our daily activities, if not done properly can put our spine out of alignment and cause pain or discomfort. We suggest these tips to reduce the risk of spinal injury.

1. While at the office, remember to take frequent stretch breaks from working on your computer. The more hours per day you use your computer, the greater the risk of discomfort or injury.
2. While working on your computer, sit with your knees at approximately a 90 to 120 degree angle. Using an angled footrest to support your feet may help you sit more comfortably.
3. Make sure your chair fits correctly. Allow for two inches between the front edge of the seat and the back of your knees. The chair should tilt back so you can rest while you're reading what is on your computer screen.
4. Avoid twisting and turning motions. Always bend from the knees, not your waist, when lifting anything heavier than 10 percent of your body weight, such as a child or a heavy box.
5. Warm up and stretch before any physical activity, including all sports, raking, gardening, and shoveling snow. Be aware of your body form and technique; stand as erect as possible and let your legs and arms do the work, not your back. Allow your body and muscles time to cool down after such an activity.
6. Remember to get a good night's rest. Choose a comfortable supportive mattress as well as a pillow that supports the weight of your head, reducing the risk of back or neck pain.

## RAFFLE WINNERS

### Grayling Youth Booster Club

Week ending October 20 - \$25 each - Paula Harwood, Jerry Terry, Cheri Blaine, George Wolfe and Bob Cinciala.

### Card of Thanks

We would like to thank the Crawford County Road Commission and workers for the excellent work done on North Higgins Lake Drive.

Harold and Lori Gaedert

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**Segment I:** 24 Hours Lecture, 6 Hours Driving, Teen Classes Start: 3 Weeks  
November 5-December 10 (No Lecture class week of November 11-15)  
T, W, TH, T, M, T, W, TH, M, T 7:00-9:00 p.m. (Make-up day 12/10/02)  
Feb. 20-March 20 M, W, TH 7:00-9:00 p.m. (Make-up day 3/20/03)  
April 30-May 29\*\* M, W, TH 7:00-9:00 p.m. (Make-up day 5/29/03)  
(\*\*No class Memorial Day, 5/26/03)

**Segment II:** \$30, 6 Hours Lecture Defensive Driving, Teen Classes Meet: 3 Days  
December 11, 12, 16 M, TH, M 7:00-9:00 p.m.  
February 20, 24, 26 TH, M, W 5:00-7:00 p.m.  
May 1, 5, 7 TH, M, W 5:00-7:00 p.m.  
June 2, 4, 5 M, W, TH 7:00-9:00 p.m.

### LOCAL TEACHERS

Darrin Hawes - Teacher at Grayling High School  
Larry Austin - Retired teacher for Grayling Schools  
Jim Shepler - Retired Grayling Businessman

### CERTIFIED ROAD TESTS

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Gaylord - Gaylord Cinema Theater (M-32, West of I-75)  
Bellaire - Antrim County Airport (A Derenzy Road)  
Kalkaska - Kalkaska Middle School

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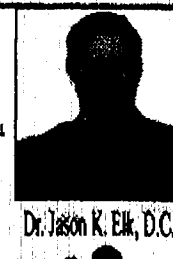
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# The Bible Speaks

## Sodomites Love New Bible

We have already told you in detail how a lesbian linguist worked to remove sodomy from the Greek text used to translate "Today's New International Version" of the Bible. Now the New Oxford Annotated Bible also reinterprets key portions of the Bible involving homosexuality so that it is now recommended reading by the promoters of sodomy within our culture. This is the oldest form of spiritual deception in the world. If you don't like what God said, simply change His words and message to make God conform to your own beliefs and practices.

The Culture & Family Institute of Concerned Women for America has recently published an expose of The New Oxford Annotated Bible explaining how it alters God's words and message on homosexuality, the sovereignty of Jesus Christ, and the sanctity of life. Culture & Family Institute writer Al Dobras reports that the new Annotated Bible edited in part by pro-gay and feminist scholars-adopts 'gay' revisionist interpretations of Holy Scripture thus alleging God destroyed Sodom and Gomorrah for the sin of inhospitality-not homosexual sin.

A new commentary was also produced, in part, by Dr. Carol A. Newsom, a feminist theologian who partnered with Dr. Sharon H. Ringe, to produce The Women's Bible Commentary. Dr. Ringe serves as a

consultant to the Reconciling Congregation Program of the United Methodist Church-an "outreach" to homosexual, bisexual, and transgender Methodists.

The country's leading church for homosexuals has hailed the new politically correct Bible commentary. It was hailed as "one of the most important theological breakthroughs in the 33-year history of Metropolitan Community Churches (MCC)," by Troy D. Perry, founder of Metropolitan Community Churches, as reported on the church's Web site. Perry added in commenting the new study version of the Bible, "I believe it...will be used by God to further open the doors of all faith communities to love, embrace and affirm God's GLBT [gay, lesbian, bisexual and transgendered] children."

Here are some of God's words the sodomites refuse to hear or heed. Lev. 18:22. "Thou shalt not lie with mankind, as with womankind: it is abomination." Rom. 1:26-27, 32: "For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature; 27 And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet. 32 Who knowing the judgment of God, that they

which commit such things are worthy of death, not only do the same, but have pleasure in them that do them." 2 Pet. 2:6 "And turning the cities of Sodom and Gomorrah into ashes condemned them with an overthrow, making them an ensample unto those that after should live ungodly." Jude 1:7: "Even as Sodom and Gomorrah, and the cities about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an example, suffering the vengeance of eternal fire." Do you believe God or Gays? Pastor "B"

Please pray for God's blessings upon the ministry of this column and our church Website at <http://www.i2k.net/cba>. We at Calvary Baptist Church invite you to learn more from the Bible about Jesus Christ. Join us in a verse by verse study of the gospel of John each Sunday.

The Bible Speaks is a paid advertisement and does not necessarily reflect the views and opinions of the Crawford County Avalanche.

**FREE FREE**  
**BIBLE CORRESPONDENCE**  
**COURSES**  
Send name, address, and age to  
**Calvary Baptist Church**  
6504 West M-72, Grayling, MI 49738  
Call (989) 348-8356 or 348-9220

## 'Judgement Day' is coming

The Soul's Harbor Worship Center in Roscommon will present performances of "Judgement Day," Thursday, October 24 through Sunday, October 27.

"Judgement Day" is described as an "eye opening drama that will both thrill you and challenge the way you think."

Performances will begin at 7 p.m. nightly, with a cast of nearly 50. There is no charge and everyone is encouraged to attend one or more of the performances.

Pastor Lawrence Cook said, "We will show, under very real circumstances, how the choices we make will most certainly determine our eternal destination. We know there truly is a heaven to gain and a hell to shun," he said. "This production is sure to be a performance you will not soon forget."

Soul's Harbor is located at 250 Lake Street in Roscommon, across from the post office. For more information, call the church office at (989) 275-5309.

## Students get second chance on MEAP test

The Grayling High School Counseling Office announced recently the upcoming re-test dates for the MEAP (Michigan Educational Testing Program) re-test opportunity.

This opportunity is for students who would like a chance to better their score on any of the five tests that were given last spring, or to take any of the tests they were not able to take due to absences.

The schedule is as follows: Writing & Social Studies - Monday, October 28, at 8:10 a.m. in room A129; Math - Tuesday, October 29, at 9:05 a.m. in room C119; Reading - Wednesday, October 30, at 9:05 a.m., in room A129; Science - Thursday, October 31, at 9:05 a.m., in room C119.

All tests are 80 minutes in duration, except for the Writing test at 120 minutes. Students must bring their own calculators for use during the Math test. Writing samples are needed for the Writing test.

Students must sign up with the Counseling Office at least one day prior to the test date. For more information about MEAP re-testing, call 344-3512.

## Kirtland plans blood drive

The Red Cross will be at Kirtland Community College on Wednesday, October 30, prepared to honor another group of heroes -- those who save lives by giving blood.

Blood supplies are perilously low again a year after American's rolled up their sleeves in unprecedented numbers after the attacks on September 11.

The need for blood, however, continues, the Red Cross says. About four million Americans require blood transfusions every year. That's one patient every 12 seconds. In Michigan, hospitals use about 2,000

units of blood products daily. That's one every 43 seconds.

By age 75, 97 percent of the population will require a blood transfusion, yet only five percent of the population donates.

Volunteer blood donors are the only source of blood products for hospital patients, and the Red Cross emphasizes that you cannot contract the HIV virus or any other infectious disease by donating.

The average adult has 10 to 12 pints of blood. Surely, you can spare one, and save as many as four lives with a single donation.

Take a few minutes and be a hero. The Red Cross will be on Kirtland's campus from 10 a.m. to 3:34 p.m. Phone (989) 275-5000, ext. 440, to make an appointment at the Kirtland Community College blood drive.

## The Fountain of Youth



There seems to be a continual search for the fountain of youth. We search for it in bottles filled with liquids guaranteed to erase our wrinkles. We search for it in cosmetic procedures that only hold the tides of time at bay.

This couple is no longer young in years. Wrinkles have cut furrows in the landscape of their youth. Cataracts have clouded the blue of their eyes. Age has overtaken agility in the race against time. Yet, there is something that time cannot touch.

What sustains their love after all these years? If asked, each still sees the other as the handsome young man and the beautiful young woman who fell in love so long ago. Enduring love is forever young.

God's love for his children is also timeless. In Isaiah 16:24, we read, "O give thanks to the Lord, for he is good; for his steadfast love endures for ever." Look deeply into the eyes of the one you love. Thank God for His love and for the love He has given you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Amos 5:1-27	Micah 2:1-13	Micah 3:1-12	Micah 4:1-13	Nahum 1:1-15	Zephaniah 7:1-14	Zephaniah 8:1-17

Scriptures Selected by The American Bible Society  
Copyright 2002, Keister-Williams Newspaper Services, P. O. Box 8005, Charlottesville, VA 22906, [www.kwnova.com](http://www.kwnova.com)

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**NORTHERN APPRAISAL SERVICE**  
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Grayling, Mich. 49738

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Ph. 348-2269  
Grayling, Michigan 49738

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**Christian Science Society**  
209 First St. • Suite 103 • Gaylord  
(989) 732-7001

Sunday Service ..... 10:30 am  
April through October  
2nd & 4th Wednesday ..... 7 pm  
Sunday School ..... 10:30 am

**Michelson Memorial United Methodist Church**  
Pastor Jeffrey Jagers  
400 Michigan Ave. • 348-2974  
Website: [www.mmc-umc.org](http://www.mmc-umc.org)  
Barrier Free

Sunday Worship ... 8:30 & 11 am  
Sunday School-  
Sept. - May  
Adult Sunday School ... 9:45 a.m.  
Children's Sunday School ... 11 am  
(Childcare Available during 11:00 service)  
Bible Study (Wed) ..... 10:30 am

**Seventh Day Adventist**  
Pastor Jeff Arthur  
Phone 989-275-1061  
Services held Saturday at  
Camp AuSable off M-72 East  
(1st building on right inside camp entrance)  
Church Service  
Saturday ..... 9:30 am  
Sabbath School  
Saturday ..... 10:30 am  
Prayer Meeting  
Tuesday ..... 7 pm

**Lovells Chapel**  
Pastor Rev. D. Dean Coursey  
Sunday School ..... 10 am  
Chapel Service ..... 11 am  
Wednesday  
Prayer Meeting ..... 7-8 pm

**Free Methodist**  
Joseph Carpenter - Pastor  
Daniel Baldermann-Associate Pastor  
6652 (M-72 W.) • 348-9093  
or 348-5362

Early Service ..... 8:30 am  
Sunday School ..... 10 am  
Morning Service ..... 11 am  
Prayer Meeting (Wednesday) 7 pm

**Emma Lowery United Church Of Christ**  
3474 West Park Road, Luzerne  
Sunday Worship ..... 11 am  
Adult and Youth  
Sunday School ..... 9:30 am

**Heritage Baptist**  
Pastor Ernie Wagner 348-1411  
1841 Hartwick Pines Rd.  
1/4 mile west of I-75  
Sunday School ..... 9:45 am  
Morning Worship ..... 11 am  
Evening Worship ..... 6 pm  
Wednesday ..... 7 pm

**Grayling Assembly of God**  
Rev. Ron Voelker, Pastor  
701 S. I-75 Business Loop  
Church 348-8885  
Parsonage 348-2588  
Sunday School ..... 9:30 am  
Morning Worship ..... 10:30 am  
Evening Service ..... 6 pm  
Wednesday - Family Night  
Adult-Youth-Children ..... 7 pm

**The Church of Christ with the Elijah Message**  
Pastor Paul Rolfe  
7662 Kelly Ave., Frederic  
Sunday  
Worship ..... 10 am & 7 pm  
Wed. Prayer Service ..... 7 pm

**The Church of Jesus Christ of Latter Day Saints**  
President David Page  
600 North Elm Street, Gaylord  
Sacrament ..... 10 am  
Sunday School ..... 11 am  
Primary ..... 11 am  
Priesthood ..... 12 noon  
Relief Society ..... 12 noon

**Burning Bush Tabernacle**  
Pastor Patricia Petrie, 348-1278  
501 E. Michigan Ave., Grayling  
Sunday School ..... 10 am  
Sunday Service &  
Children's Church ..... 11 am  
Sunday Evening Service ... 6 pm  
Monday Prayer Meeting ... 7 pm  
Wednesday Bible Study ... 7 pm

**St. John Lutheran (ELCA)**  
Pastor Wayne Knockel  
710 Spruce Street  
348-5224  
Sunday School ..... 9:15 am  
Sunday Worship ..... 10:30 am

**Community of Christ**  
Pastor Carol Stephan  
North Down River Rd. at  
1030 Glenn Rd. • P.O. Box 1188  
Church School ..... 9:45 am  
Preaching ..... 11 am  
Midweek Service Prayer ... 7 pm

**Gaylord Christian Reformed**  
Rev. V. Schaap  
415 Ohio North, Gaylord  
Sunday School ..... 9:45 am  
Morning Worship ..... 11 am  
Evening Service ..... 6 pm  
Wednesday Bible Study ... 7:30 pm

**St. Mary's Roman Catholic Community**  
Robert W. Nalley, J.V., Pastor  
700-708 Peninsular • 348-7657  
Sabbath Eucharist  
Saturday Vigil Mass ..... 6 pm  
Sunday Masses ..... 8:00 am  
Family Mass ..... 10:00 am  
Scripture Study  
(Sundays) ..... 9:15 am  
Daily Masses  
Wednesday & Fridays ... 8:30 am

**First Baptist Church of Frederic**  
Pastor Dale Hammond  
Sunday School ..... 9:45 am  
Morning Worship ..... 11 am  
Evening Worship ..... 6 pm  
Wed. Prayer & Bible Study ... 7 pm

**St. Francis Episcopal**  
M-72 West  
Office 348-5850  
Sunday Holy  
Eucharist ..... 8:30 & 10:30 am

**Resurrection Life Church**  
Pastor Jimmie McWatters  
Grayling Days Inn Conference Room  
Sunday Service ..... 10:30 am  
Phone: 231-536-7933, Fax: 231-536-3046  
Wednesday ..... 7 pm  
(call or e-mail for directions)  
Website: [www.rlcnow.com](http://www.rlcnow.com)  
E-mail: [pastorjim@rlcnow.com](mailto:pastorjim@rlcnow.com)

**Calvary Baptist Church**  
Dr. Robert Barnett, Pastor  
M-72 West  
Sunday School ..... 9:45 am  
Morning Worship ..... 10:30 am  
Evening Worship ..... 6 pm  
Mid-Week Services  
Wednesday ..... 7 pm  
Prayer & Awana Club (Wed.) 7 pm

**Church of Christ**  
Scott Hoffer, Pastor  
Old US-27 at Skyline Rd.  
275-8613  
In Search of the Lord's Way  
Sunday Mornings on  
TV 29 & 8 ..... 9 am  
Sunday Classes ..... 10 am  
Sunday Worship ..... 11 am  
Sunday Evening ..... 6 pm  
Wednesday  
Mid-Week Bible Study ..... 7 pm

**Abundant Life Tabernacle**  
Pastor Lyle Studer  
211 Shellenbarger St.  
348-5325  
Sunday School ..... 10 am  
Sunday  
Worship ..... 11 am & 6:00 pm  
Wednesday Evening ..... 7 pm

**Grayling Baptist Church**  
Affiliated with S.B.C.  
Pastor Terry Colby  
705 Madsen St. • Grayling  
348-2557  
Sunday School ..... 9:45 am  
Morning Worship ..... 11 am  
Evening Service ..... 6 pm  
Wednesday Service ..... 7 pm

**Bear Lake Christian**  
M-72 & East Bear Lake Rd.  
Sunday School ..... 9 am  
Sunday Service ..... 10 am

**Luzerne Baptist**  
Pastor James Durfee  
2247 Durfee Lane  
Sunday School ..... 10 am  
Sunday Morning Worship ... 11 am  
Sunday Evening Worship ... 6 pm  
Wednesday Bible Study ... 7 pm

**Harvest Time Church of God**  
Pastor Fred Coates  
506 North Birch St., Kalkaska  
(616) 258-3448

Sunday School ..... 10 am  
Worship Service ..... 11 am & 6 pm  
Family Training Hour and Prayer  
Wednesday ..... 7 pm

**Mt. Hope Evangelical Lutheran--Missouri Synod**  
Pastor - Rev. Steven Thiel  
905 N. I-75 Bus. Lp.  
348-5921

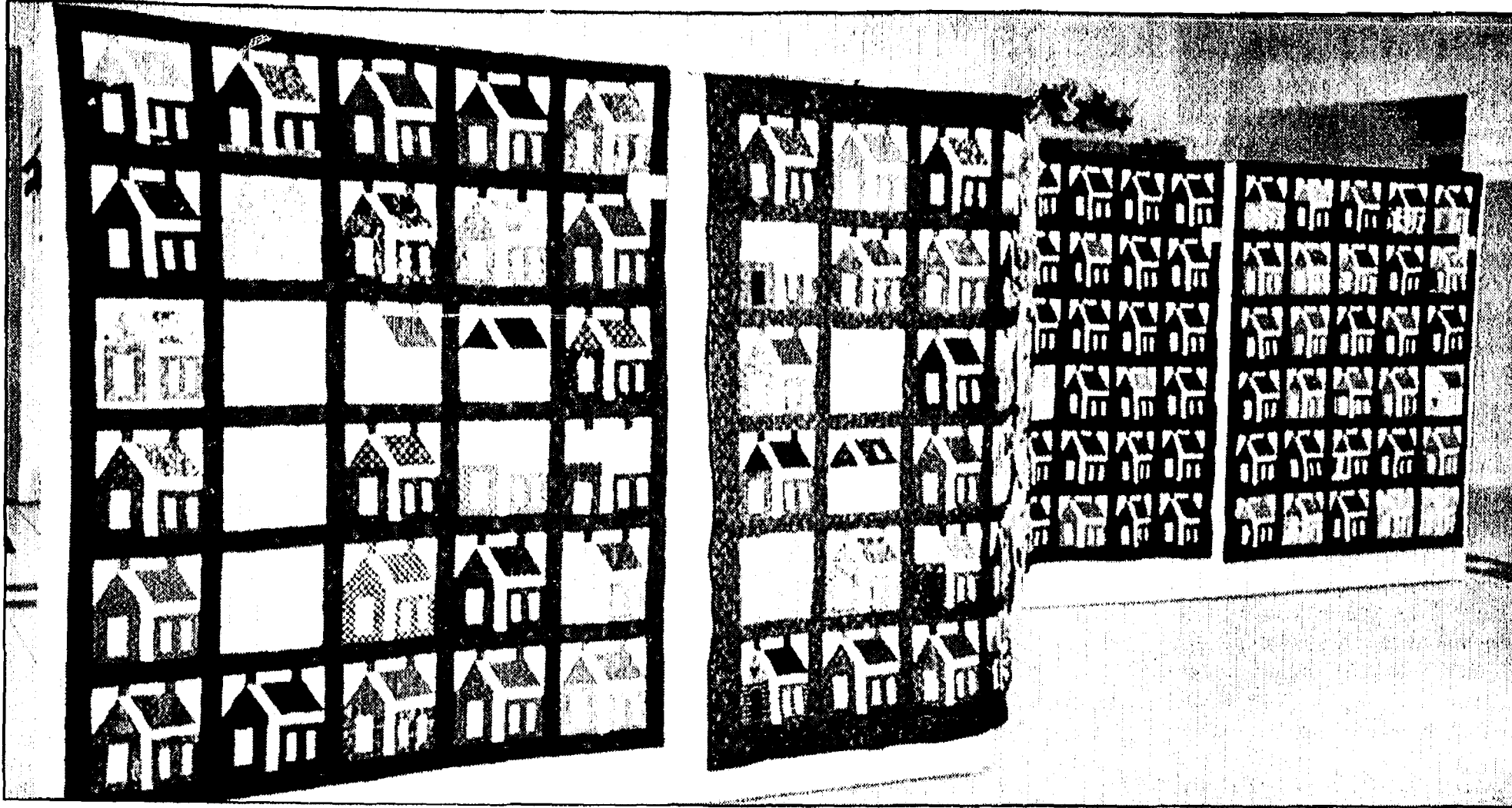
Wed. Morning Bible Study ... 9:30 am  
Saturday Worship ..... 5:00 pm  
Sunday Worship ..... 10:30 am

**Unity Center**  
Terry Dickinson, Minister  
Forbush Corners, Frederic  
(989) 348-1584  
Sunday Services ..... 10:00 am

**St. Martins Ev. Lutheran (Wels)**  
Herbert R. Filter - Pastor  
For information call 275-5443  
Services held at the  
Roscommon Community Center,  
Sunday mornings at 9 am,  
510 South St., Roscommon, MI.

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All nine quilts, made as a fundraiser for the new River House Shelter, were on display at the Candlelight ceremony. This was the only opportunity to see all nine together.

## Candlelight ceremony includes quilt display

by Susan Warrington  
Staff Writer

The Candlelight ceremony dedicated to ending domestic violence was attended by over 100. Stories of the survivors of domestic violence, slightly altered so no actual victims were recognized, were read to the audience, followed by the reading of names of victims of domestic violence who did not survive.

The list included young children and senior citizens.

Along with the ceremony, the nine quilts completed as part of a

fundraiser were on public display for their only complete viewing. The quilts, that involved over 120 area quilters and 177 donors, raised \$7,000 for the building fund of the new River House Shelter. Volunteers were on hand to help people find the block(s) they sponsored.

Although all of the quilts were made of house blocks they were all different, not only due to the different sashing colors, but also due to the way they were quilted which ranged from simple meandering to fancy feathers.

Three of the quilts, two quilted by Bev Wells of Wellsland Creations and one quilted by Sue Ledbetter of Suze's Stitchn Quilt Shop, have messages quilted onto them - "Give them shelter and let them thrive," "Every house started with a piece of someone's heart," and "Little things help us see just how lovely life can be" - but you have to look carefully to find them.

The quilts will be on tour throughout the four county (Crawford, Oscoda, Ogemaw and Roscommon) area through the early part of December.

## Law enforcement, fire officials continue safety programs for kids

The Crawford County Sheriff's Office, Grayling City Police Department, along with the Frederic Volunteer Fire Department are continuing their commitment to child safety and fire prevention.

As part of this commitment, law enforcement officers are organizing their annual Drug and Safety Program for the children of Crawford County.

Over 900 youngsters, ages five through 12 years will receive educational child safety materials created and geared to each specific age level. The program includes safety guidebooks containing 24 activity pages designed by educators to stimulate the child's awareness and independent thinking about the everyday safety and drug hazards he or she may encounter.

Various other safety booklets, folders, posters, and brochures are made available to encourage the prevention of needless suffering, painful chemical overdose, disfiguring injuries, and needless death.

The Frederic Fire Department is organizing its annual Fire and Burn Safety Program for children in Frederic. Over 140 youngsters, ages five through 12 years will receive educational fire prevention materials created and geared to each specific age level.

The program includes fire safety guidebooks similar to those described earlier, but containing information about everyday fire hazards. Other materials will also be available regarding the prevention of destructive fires, painful burns, disfiguring injuries, and needless death.


Bob Koch of the National Child Safety Council, Inc. (NCSC) and the National Fire Safety Council, Inc. (NFSC) will be helping local

law enforcement and fire officials in planning and delivering programs to the school children. Both the NCSC and the NFSC are federal tax-exempt, non-profit 501-C-3 organizations. All contributions to these groups are tax-deductible.

The Crawford County Sheriff's Office and the Frederic Township Volunteer Fire Department are in the process of mailing sponsor request letters explaining the programs to area business, industrial and professional leaders, asking for their financial support to help cover the cost of the materials used by the departments. Anyone not receiving a letter, who would like to sponsor either program, should mail a check

to either the Sheriff's Office or the Frederic Fire Department, made out to the appropriate council -- NCSC or NFSC.

Sheriff Kirk Wakefield, Police Chief Karl Schreiner and Fire Chief Doug Pratt stress to prospective sponsors that these are the only two programs of these types that the departments will be conducting this year. Should any other person solicit for support, especially by phone or in person, and does not have a letter from Sheriff Kirk A. Wakefield, Chief Karl A. Schreiner, or Chief Douglas S. Pratt, contact the Sheriff's Office, Grayling Police Department, or the Frederic Fire Department immediately.



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Dr. Craig Denholm — CHIROPRACTOR —

#### TREATING NEURITIS

If you're suffering from pain of unknown origin in any part of your body, it may be caused by irritation along one or more nerve pathways. Sometimes there are burning and tingling sensations along with the pain. This condition is known as neuritis.

Neuritis means "inflammation of a nerve". It often begins with inflammation of a sheath that covers the affected nerve. When it penetrates to the trunk of the nerve, the condition may become chronic and continue to deteriorate, causing serious problems accompanied by pain.

If the inflammation has been caused by a misaligned vertebra in the spinal column, treatment is needed to relieve the pressure. The greater or more complex the misalignment, the more serious the condition can become.

You don't have to suffer the pain of neuritis when treatment is available to relieve this condition. It should not be ignored. It won't go away unless you get the help you need.

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(336-4656)

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**Where: Grayling Free Methodist Church**  
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Front L to R: Jeanno Bulmer & Andrea Lesh;  
Back L to R: Dawn McGee, Bill Geeseman & Jim Blackburn

**GRAYLING INSURANCE AGENCY** (989) 348-2851  
2375 S. 1-75 Business Loop Grayling  
Located next to Century 21 • Across from Glen's

## Junior Miss keeps busy, new program coming 2004

The 2002 Grayling Junior Miss and her court have been very busy this year in the community.

2002 Grayling Junior Miss Shayla Moore, 2002 AuSable River Valley Junior Miss Miranda Holzbauer, and 2002 Junior Miss Finalist Sarah Golnick participated in the Winter Wolf Challenge, Grayling's Fourth of July Parade, the Weyerhaeuser AuSable River Canoe Marathon parade, and the homecoming parade.

In addition to those activities, Moore drew the lucky \$1,000 Marathon raffle ticket the evening of the canoe race, co-emceed and helped choreograph the Crawford County Fair pageants held at the Grayling Middle School in July, performed a dance routine for the pageant as well as the Eagles Mother/Daughter banquet, has been

a guest speaker at local charity events and worked the Adopt-a-Highway fall clean up along M-72 West.

Moore and Holzbauer will be attending Junior Miss local programs in Branch County, Houghton Lake, Waterford and Alpena prior to competing in the week-long Michigan Junior Miss state program in Alpena on March 8, 2003. A total of \$100,000 in scholarships to various colleges throughout the United States will be offered to Junior Miss young ladies.

Junior Miss will not be held in Crawford County in 2003 due to the construction at Grayling High School. However, a new program will be available in 2004 to promote scholarships for young women of Crawford County.



Photo courtesy of Grayling ABWA

Finalist Sarah Golnick, 2002 Grayling Junior Miss Shayla Moore and AuSable River Valley Junior Miss Miranda Holzbauer participated in the recent homecoming parade.

## Microfilm donated to library

The Devereaux Memorial Crawford County Library has recently received, free of charge, microfilmed editions of the

Crawford County Avalanche. The microfilms include December 1904 - November 1905 as well as microfilms for the years 1979 through 1988.

The additions, donated by the Avalanche, have brought the collection to near completion through December 2001.

The microfilm collections are available at the main library in Grayling and also at the Frederic Community Library.

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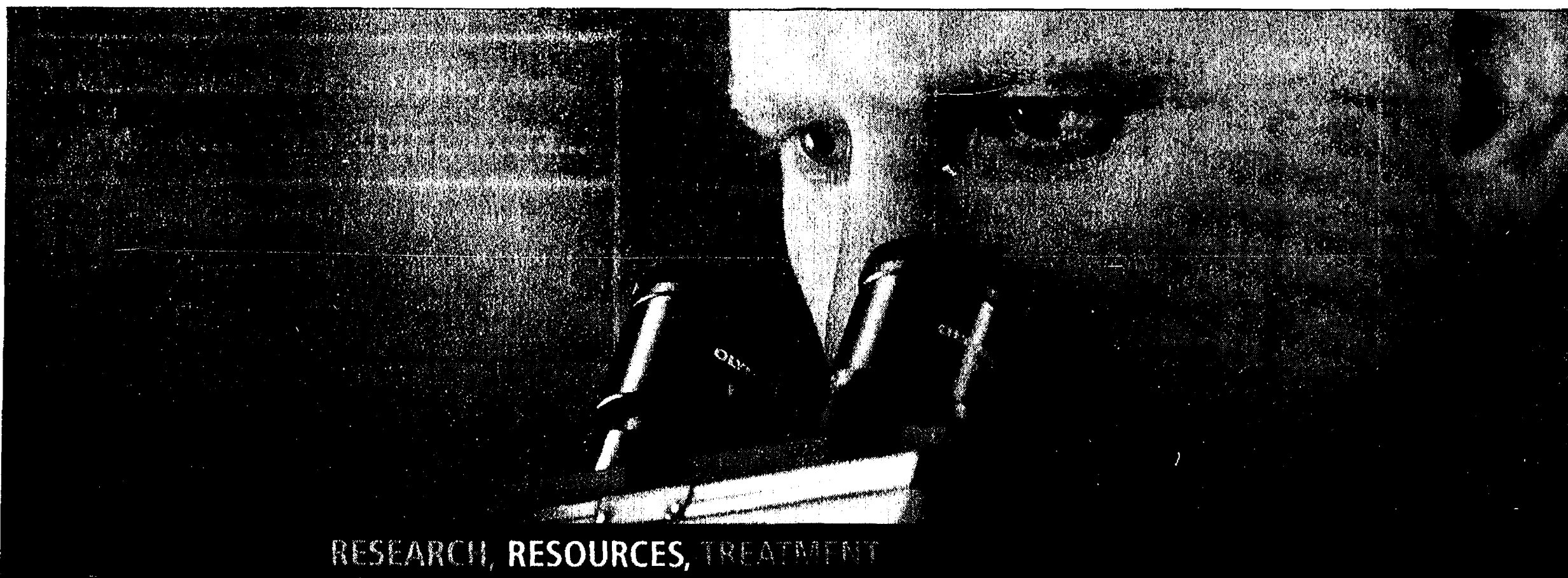
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most business telephone systems

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Auxiliary #3465**

Eagles Club, 602 Huron  
Grayling

Wednesday - 6:30 pm

**Knights of  
Columbus**

K of C Hall, 604 Norway  
Grayling

Thursday - 6:30 pm

**American  
Legion Hall**

Post 106 - Grayling

TUESDAY - 6:30 pm

**Grayling Eagles  
Aerie #3465**

Eagles Club, 602 Huron  
Grayling



## OBITUARIES

### Leo P. Walker

Aug. 30, 1942 - Oct. 16, 2002

Leo Paul Walker, 60 of Grayling, formerly of Mayville, died October 16, 2002 at Munson Medical Center in Traverse City.

He was born on August 30, 1942, in Bad Axe, moved to the Pontiac area as a young man, and then to Mayville prior to retiring to Grayling.

In 1962, he married Loretta Taylor.

Mr. Walker was employed as a trouble-shooter for General Motors, working last in Lake Orion. He was a member of the Gold Wing Association and the Grayling Fraternal Order of Eagles Aerie #3465.

His favorite pastime was riding his motorcycle. He also enjoyed the out-of-doors and activities such as fishing, hunting, and plowing snow.

He was preceded in death by his father, Dillis W. Walker, his mother, Lila, and her husband, Cleo Haggadone. He was also preceded in death by his daughter, Lisa Ann Walker and brother, John Walker.

He is survived by his wife, Loretta; two daughters, Diana Umphrey of Marlette, and Judith (Jim) Swoller of Caro; four brothers, Robert (Shirley) Walker of Caro,

Richard (Allisha) Walker of Clarkston, Harold Walker of Clarkston and Raymond (Carolyn) Walker of Arizona; three sisters, Marion Walker and Elsie Walker of Florida, and Reverend Bertha (Reverend George) Alley of Ohio. He is also survived by three grandchildren, Michael Umphrey, Paul Swoller and Marissa Umphrey; and by his stepmother, Edna Walker, of Clarkston. He leaves behind several nieces, nephews, great nieces and great nephews.

Funeral services were held at Collon Funeral Home on October 19, officiated by Reverend Ronald Wigand. Burial was at Dawn Memorial Estates Cemetery in Lapeer.

Memorials may be made to the Grayling F.O.E. Aerie #3465.

Arrangements were made by: Collon Funeral Home, Caro.

### Marie Joyce Hilgendorf

October 10, 2002

Marie Joyce Hilgendorf, 70, of Roscommon - South Branch Township, died October 10, 2002. Funeral services were held on October 14.

Arrangements were handled by Walsh Funeral Home, Roscommon.

### Dorothea I. Lukes

Aug. 13, 1912 - Oct. 20, 2002

Dorothea I. Lukes, 90, of Midland, formerly of Grayling, died October 20, 2002 at Brittany Manor Nursing Home, after a long illness.

She was born the daughter of Peter and Nancy (Duncan) Phillips August 13, 1912 in Flint and had resided there until 1962. She then moved to Grayling and lived there until she moved to Brittany Manor.

She was preceded in death by her husband, Granville; her parents Peter and Nancy Phillips; and one great grandson.

She is survived by her son, Peter (Joan) Lukes of Auburn; six grandchildren, Nancy (Daniel) Beckelie, Mary (Anthony) Lucas, Jenny (Donald) Patton, Rebecca (Isaac) Gore, Keith (Kim) Felty, Kim Felty; 12 great grandchildren and one great-great grandson.

Funeral services were held at the Auburn Chapel of the Cunningham-Taylor Funeral Home on October 22, officiated by Reverend Lawson D. Crane. Burial was at Brookside Cemetery, West Branch.

Memorial contributions may be made to the Bay County Animal Shelter. Arrangements were made by Cunningham-Taylor Funeral Home, Auburn Chapel.

## SENIOR CITIZEN NEWS

Join us for a meal, either at noon or 5 p.m. weekdays; except Friday, there is no evening meal. Please try to call for reservations at (989) 348-7123 or 1-888-355-4500, so that we know how many to plan for. The Center is located at 308 Lawndale, behind Burger King. Walk-ins are welcome.

October:

23 - BBQ Chicken/Goulash; Exercise and Line Dancing at 10 a.m. and 11 a.m.; Bible Study at 10:30 a.m.; Stag Cards at 12 noon.

24 - Salisbury Steak/Mac & Cheese; Blood pressures taken at 11 a.m. to 12 noon; History Class at 1 p.m.; Computer Class at 4 p.m. and Uno Attack at 5:30 p.m.

25 - Pork Cutlets/no dinner; Pantry Bingo and 80 Cent Rummy at 1 p.m.; Halloween party at Shawono at 4 p.m.

28 - Kielbasa & Kraut/Salmon Patties; Stag Cards at 12 noon; Bridge Club at 1 p.m.; Hangman at 5:30 p.m.

29 - Pork Chops/Halloweenies etc; Tenant Council meeting at 10 a.m.; Euchre Club at 1 p.m.; Ghosts & Ghouls dance at 5:30 p.m., costumes if you wish.

30 - Spaghetti & Meatballs/Beef Stew; Exercise and Line Dancing at 10 a.m. and 11 a.m.; Bible Study at 10:30 a.m.; Stag Cards at 12 noon; Medicine Shoppe Bingo at 5:30 p.m.

Above all this week, remember: It's nothing against you to fall down flat, but to lie there...that's disgrace.

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## RANGE FIRING

Range firing scheduled during October 23-29 is as follows: Heavy weapons range firing is scheduled from sunrise until three hours after sunset. Occasionally, mission-firing requirements beyond this time may be authorized by the Post Commander without additional notice to the public. The firing schedule is subject to change without notice to the public.

The Range 40 Air to Ground Complex, located north of

County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618, and west of County Rd. 197 (Twin Bridge Rd.) will be conducting live and inert bombing operations by the Air National Guard: October 23-24 and 28-29.

Small Arms Ranges located west of Lake Margrethe, north of Howe Road, east of the gas pipeline and south of Portage Creek: October 23, 25-27. For further information call 1-800-628-5820.

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## GRAYLING POLICE REPORT

Grayling City Police Chief Karl Schreiner reports his department handled the following 85 complaints during the week of October 13-19:

Five traffic accidents, three larcenies, four misdemeanor arrests, one OUIL, two juvenile, one civil, four alarm calls, one assault, four misdemeanor arrests, six suspicious situations, two embezzlements, one disturbing the peace, four disorderly, six assist other department calls, four alarms, one civil, one attempt to locate, two malicious destruction of property, six suspicious situations, two motorist assists, one civil citation, nine traffic warnings given, 15 unclassified.

Eastern Standard Time  
begins Oct. 27 at 2 a.m.

## SHERIFF'S REPORT

Crawford County Sheriff Kirk Wakefield reports his office handled the following 208 complaints the week of October 7-20:

Three EMS responses, 19 traffic accidents, 12 non-traffic accidents, one traffic violation (civil infraction), two traffic policing, one accident - all other, one school bus inspection, seven civil matter disputes - family trouble, 20 suspicious situations, three lost and found property, one missing person, 49 general non-criminal, 12 delinquent minors, one runaway, four false alarm activations, two criminal sexual conduct/sexual assault, four assault/intimidation/stalking, eight burglary/home invasion, one burglary - entry without force, eight larceny, one illegal use of credit card, eight damage to property, one damage to property - business, two damage to property - private, one drug/narcotic violation, one obstruction of justice - contempt of court, 13 public peace/disorderly, three OUIL/UBAL, one health and safety, one conservation, one invasion of privacy/wiretap, six miscellaneous criminal offense, 10 driving violations/DWLS etc.

For more information, log on to: [www.crawfordsheriff.org](http://www.crawfordsheriff.org).

## Commissioners invite public to town meeting

The Crawford County Board of Commissioners invites members of the community to attend a Town Meeting on Thursday, October 24 at 7 p.m. at the Courthouse in Grayling.

The purpose of the meeting is to explain why the county is requesting the passage of two millage proposal on November 5 and to answer any questions pertaining to the county budget.

## New owners to expand services at Frederic corner grocery store



Photo by Susan Warrington

Marla and Ken Phillips of Gaylord, recently purchased the North End Grocery in Frederic. Although they had no experience operating a grocery store they said when they walked into the store they knew it "just fit" with what they wanted. Among the plans for the business is the introduction of take-out soup, hot dogs and nachos in the very near future.

## Christmas production needs voices

The Music Department of Michelson Memorial United Methodist Church is asking anyone in the area who likes to sing to join them for the production of the Christmas work, "Child of Love."

Rehearsals will be held each Wednesday evening at 8 p.m. in the church Rehearsal Hall. Anyone who enjoys singing is encouraged to participate in this extraordinary musical production.

For those who would like to act but not sing, there are dialogue roles

also. There are also singing roles. A call for actors will come in the near future.

"Child of Love" was first produced by Michelson Memorial in December of 1992. The work was so well received and so challenging to perform that the decision was made to perform the work again. Performance dates have been set at December 20 and 21. For more information you may call the church at 348-2974 or Director Howard Taylor at 348-5187.



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## Donations put colors at local compactor

When Al Davis passed through the Grayling Township compactor and recycling center after September 11, 2001, he witnessed no flag flying high and decided to do something about it.

Davis, a retiree of Weyerhaeuser Company, visited all the local forest products industries soliciting donations to buy a flag and flag-pole.

Within one month, Davis brought \$700 to Wayne Nelson, Grayling Township Recycling Center Manager, and Nelson ordered the pole and flag. Donations came from Weyerhaeuser Company, AJD Forest Products, Grayling Generating Station, and Custom Forest Products.

On Friday, September 27, Davis and Nelson officially raised the flag for the first time. "Every public place needs to have a flag to show that our country is united," Davis said. "Now, Grayling Township has one at its compactor."

## HONORS

### Baker College

Patti Schweitzer, of Roscommon, received a Masters Degree in Business Administration from Baker College in September.



Recycling Center Manager Wayne Nelson, Al Davis (representing Weyerhaeuser Co.) and Rick Rohde, operations and maintenance supervisor at Grayling Generating Station raised the new flag for the first time, September 27.

## Watch for the 'flasher' in Gaylord

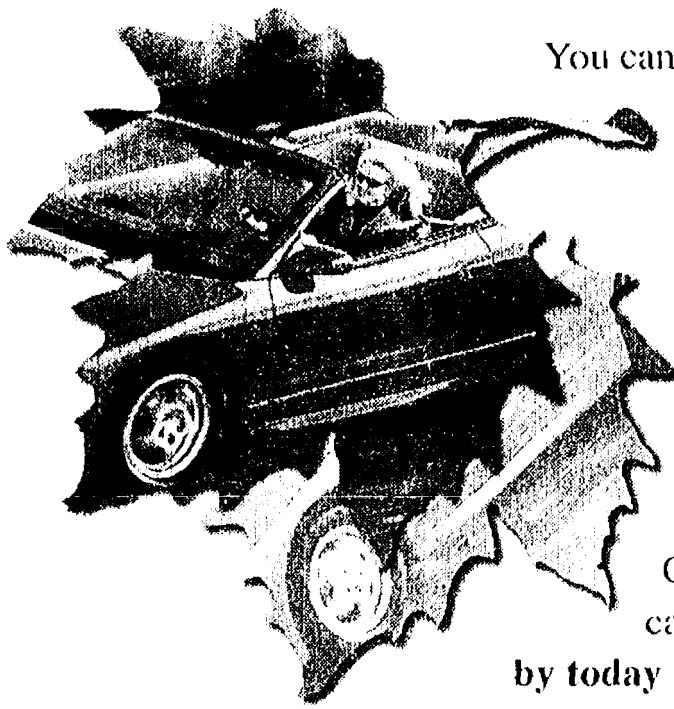
The Michigan Department of Transportation advises motorists traveling in the Gaylord area that it has installed a new traffic signal at the intersection of the I-75 Business Loop (Old 27/South Oscego Avenue) and Commerce Boulevard.

The signal will be in flashing

mode for about a week, beginning October 16, as motorists adjust to the new traffic signal. Motorists are urged to proceed with caution through the intersection.

Once fully activated, the new signal will improve safety and traffic flow at the intersection.

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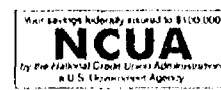
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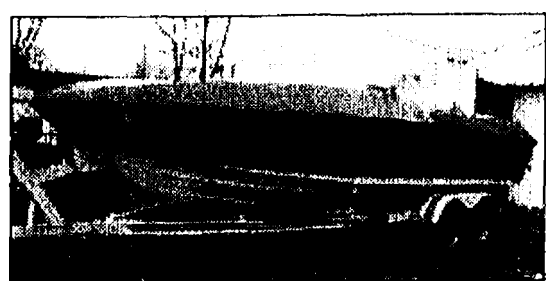
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## Break free from trying to be Super Woman

Tickets are now on sale for Otsego Memorial Hospital's 2002 Women's Health Event: Women's Night Out. The event begins at 2 p.m., Thursday, November 14, at the Treetops Convention Center.

"Otsego Memorial Hospital is delighted to bring this program to women in the area for the second consecutive year," said Jan Korthase, Marketing Director at Otsego Memorial Hospital.

"In 2001 we set a precedent of providing quality health-related information, fun hands-on activities and a riveting speaker to motivate women toward self care."

For this year, we are building on that platform, expanding the hours for hands-on activities, and providing breakout sessions to provide area women with information on many facets of wellness."

From 2 p.m. to 5 p.m., the Women's Health Event offers booths with health-related information from Otsego Memorial

Hospital and other vendors, three breakout sessions, and back by popular demand are five-minute neck and shoulder massages from a host of professional massage therapists around the region.

At 6 p.m., participants will be seated for a plated dinner prepared by the chef of Treetops Resort. The elegant meal is followed by an invigorating presentation by Deb DiSandro, as "Slightly Off Super Woman."

In "Break Free from the Purse Straps that Bind You," DiSandro takes a humorous look at the different roles women play and the various "purses" they carry along the way.

"Through humor I show women how to lighten the load -- the things that we contribute to making our lives more busy, hectic, and being off balance -- and how we can learn to recognize these things," DiSandro said.

"I use the purses as a metaphor

for all the burdens that we carry and how to lighten that load so we can do more things in life that we were intended to do."

DiSandro's presentation is sure to be full of surprises as she communicates the reality that striving to be "Super Woman" is an impossible goal that women don't have to achieve.

"What I am hoping women will take away (from the presentation) is that they will feel empowered to do less stuff and achieve more in their lives," DiSandro said.

In addition to her speaking career, DiSandro is a syndicated humor columnist, a creative writing instructor and a radio talk show personality.

Tickets for this exciting event are \$25 and available at Saturn Booksellers, in downtown Gaylord.

For more information about the event, contact the Otsego Memorial Hospital Marketing Department at (989) 731-2343.

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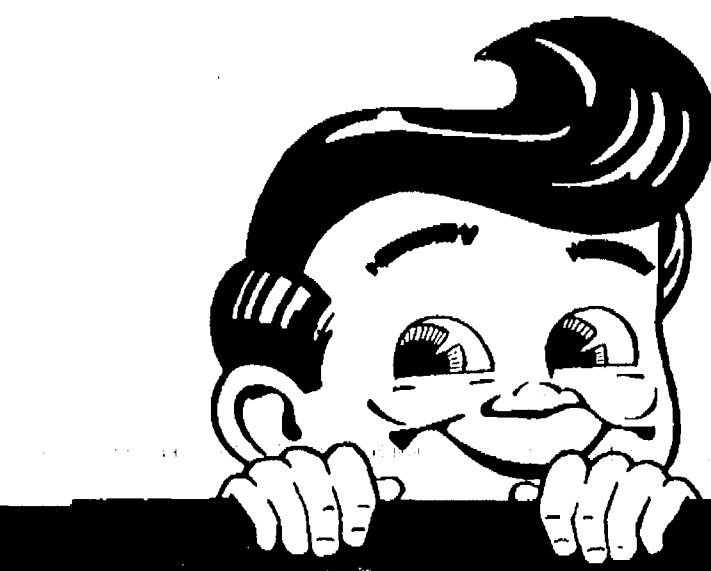
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## Programs part of Diabetes Awareness Month

Nearly 16 million Americans have diabetes, with more than 90 percent of them dealing with type 2 or noninsulin dependent diabetes.

People usually develop type 2 diabetes after age 45, but it can occur at any age -- even during childhood.

Symptoms can include thirst, fatigue, increased urination, and more. If you or someone you love have any of these symptoms, you might want to attend one of several events and screenings being conducted by Mercy Hospital Grayling during November, which is Diabetes Awareness Month.

"Cooking With Artificial Sweeteners" will be held at 7 p.m. on November 5 in the hospital's

Crawford Room. Registered dietitians Mary Durden-Kenney, Cheryl Melroy, and Karen Neigh, will discuss cooking hints, recipe substitutions, and ideas for holiday cooking. There is no fee for this program, but there is limited seating, so pre-registration is recommended. To register, please call (989) 348-0888.

A grocery store tour of Glen's Market will take place on November 6 from 10 a.m. to 12 noon at Glen's Markets in Grayling, Roscommon, and Houghton Lake. Registered dietitians will assist participants in selecting healthy foods

and discuss how to read food labels. There is no fee for this program. To register, please call (989) 348-0888. Diabetes and blood pressure screenings will be held from 8 a.m. to 10 a.m. on:

November 6 at Roscommon Mercy Primary Clinic.

November 13 at Prudenville, next to the Mercy Primary Clinic.

November 18 at the Mercy Hospital Grayling Diabetes Education Office.

For more information on these screenings, please call (989) 348-0455.

## Pakistani journalists to share their story

Get a rare insider's glimpse into modern Pakistan on Tuesday, November 5, when Javed Nazir and Amara Javeria, two Pakistani journalists forced to flee their country two years ago to avoid death or life in prison, tell their story. Both worked for a progressive English language newspaper that dared to publish an article criticizing the prophet Mohammed.

Soon, they were hunted by government officials and Islamic fundamentalists who demanded death for the journalists and their families. They fled to America, where they were offered fellowships at the University of Michigan. The couple will speak on "Religion and Politics in Pakistan and It's Neighbors" at noon in Room 136 of the Administration Building.

Like all such programs provided by Kirtland and its partnership with the Michigan Global Awareness Consortium, this event is free and open to the public.

For more information, phone (989) 275-5000, ext. 394.

## State rejects toll road idea

by Breanna Shepherd  
Capital News Service

LANSING -- Relax, commuters: There won't be toll roads in the Great Lakes State any time soon.

A private company recently approached the staff of the Michigan Department of Transportation with a proposal to build and maintain toll roads along Interstate 94, but it was rejected, MDOT Director Greg Rosine told Capital News Service.

"Michigan is a destination state, and putting up tolls on I-94 would be like charging admission to come here," said Ari Adler, MDOT director of communications. "With tourism being our second largest source of revenue, we need to be careful not to deter people from coming here."

Kristin Liska, a cashier at J&D Truck Stop in Niles, said that most truck drivers she talks to try to avoid toll roads, so they might decide to take a route farther from Niles if I-94 became a toll road.

She said that she would also avoid tolls if she could, although she doesn't travel often.

## Giant carrot grown in Frederic



What's up with that carrot, Doc? Marty and Jamie Harris of Frederic are wondering the same thing after harvesting this huge carrot, measuring 12 inches around.

## Paramedic course offered

Munson Regional EMS Education (MREMSE) will offer an 18-month regional paramedic course, beginning in January.

Exceptional instructors who are experienced in EMS and other related areas of medicine will teach this course. Training will meet and exceed the curriculum requirements of the 1998 DOT National Standard Curriculum and Michigan Department of Consumer and Industry Services requirements. Students will undergo 700 hours of classroom instruction, more than 550 hours of clinical experience, and a field internship.

Registration is under way for the class, which will begin on January 2, 2003 and conclude June 12, 2004. The deadline for registration is December 1, 2002. The course fee is \$4,500, with \$500 being due by the

first class date.

Class sessions will be held on Monday and Thursday evenings from 6 p.m. to 10 p.m., with some Wednesday and Saturday classes as well. Classes will meet primarily at the TBA Career Tech Center on Parsons Road in Traverse City. Some activities will also be conducted at Munson Medical Center, area EMS agencies, and other clinical sites in the Traverse City area.

Course size is limited to 20 students. Pre-course testing is required as part of the admission process. If more than 20 people register for the class, pre-course testing and entry criteria will be used to select the 20 most qualified candidates.

For more information about this class, please call MREMSE Manager Kraig Dodge at (231) 935-5988.

## Dog bites are a serious thing

As many as one million people each year require medical attention because of dog attacks. According to one study, dog bites represent the No. 1 public health problem of children; over half of all children are bitten by age 12.

"Dog bites can result in serious, life-threatening injury to the victim and can leave the survivor scarred and disfigured -- canine attacks are a serious issue," said Dr. Richard Swanson, president of the American Veterinary Medical Association (AVMA). "Fortunately, they are also a problem that can largely be prevented."

In addition to the tragedies of death and injury they can cause, canine attacks can subject dog owners lawsuits and criminal prosecution for their pet's behavior. Insurance companies paid an estimated \$250 million in dog bite liability claims in a recent year, according to the Insurance Information Institute. Surprisingly, most victims are bitten by dogs owned by family and friends. Responsible pet ownership and safe behavior around dogs, however, can curb this problem.

Tips for dog owners:

- Socialize your dog so it feels at ease around people and other animals.

- Don't put your dog in a situation where it may feel threatened or teased.

- Obey leash laws. Don't let your dog roam free.

- Train your dog to obey basic commands, such as "stay," "no" and "come."

- Keep your dog healthy with the proper vaccinations. Control parasites.

If you are approached by a dog, the following tips may reduce your chances of being attacked:

- Don't run away.

- Stay still until the dog leaves, or back away slowly until the dog is out of sight. Avoid eye contact. Remain calm.

- If you fall to the ground or are knocked down, curl into a ball, placing your hands over your head and neck. Protect your face.

## Senior companions meet in Tawas Bay

The Senior Companion Program of Northeast Michigan Community Service Agency (NEMCSA) recently held its October in-service luncheon at Tawas Bay Holiday Inn.

Volunteers from Arenac, Crawford, Iosco, Ogemaw, Oscoda, and Roscommon counties attended the luncheon, with guest speaker Tim Beavers from the Iosco County Family Independence Agency who spoke about adult protective services.

The group's latest newsletter was distributed and state-wide conference discussed.

For more information about the Senior Companion Program, call Nancy at (989) 356-3474 or toll-free at 1-877-222-9043, ext. 260.

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Scott Hanson  
Shelley Pinkelman  
Lynnette Corlew  
Dave Stephenson  
Terry Beardslee  
Justice Robert Young  
Justice Elizabeth Weaver  
Bill Schuette

Please remember when voting to continue on to the Blue section for the non partisan candidates (Justice and Judges) and then beyond to the state and local proposal sections.

Every vote counts so please be there with us on Election Day at the polls to register your vote too.

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*I have extensive experiences that uniquely qualify me to administer the responsibilities of District Court Judge, and if elected, I promise I will listen to both sides of all disputes and decide issues fairly, and within the law.*

Thank you for your support on November 5th.

**DANIEL L. SUTTON**  
for DISTRICT COURT JUDGE

Paid for by the committee to promote Daniel L. Sutton to District Court Judge,  
P.O. Box 477, Prudenville, MI 48629.

Have you checked out the Football Contest lately?  
~~ Entry form on page 6B ~~

## Halloween is just around the corner; be careful!

The cool autumn breezes are a gentle reminder that Halloween is just around the corner.

To better ensure safety for your little "pumpkins," Consumers Energy offers some helpful reminders for parents on this ghoulish evening.

A well-lit and clear path to your door is important if you're passing out treats. Leaving your porch light on will let children know they're welcome. A typical 100-watt light bulb will cost less than four cents to operate for a four-hour period. In addition:

• Make sure your children trick-

or-treat with an adult.

• Inspect all treats before your children eat them. Wash and cut fruit and discard anything that's unwrapped.

• Check candy wrappers for signs of tampering and call the police if you're suspicious of any treats.

• Make sure costumes fit well and that your child can see and be seen after dark.

• Instruct your children to trick-or-treat in your neighborhood and along well-lighted streets.

• Carry a flashlight or use portable marking lights available

at local hardware stores.

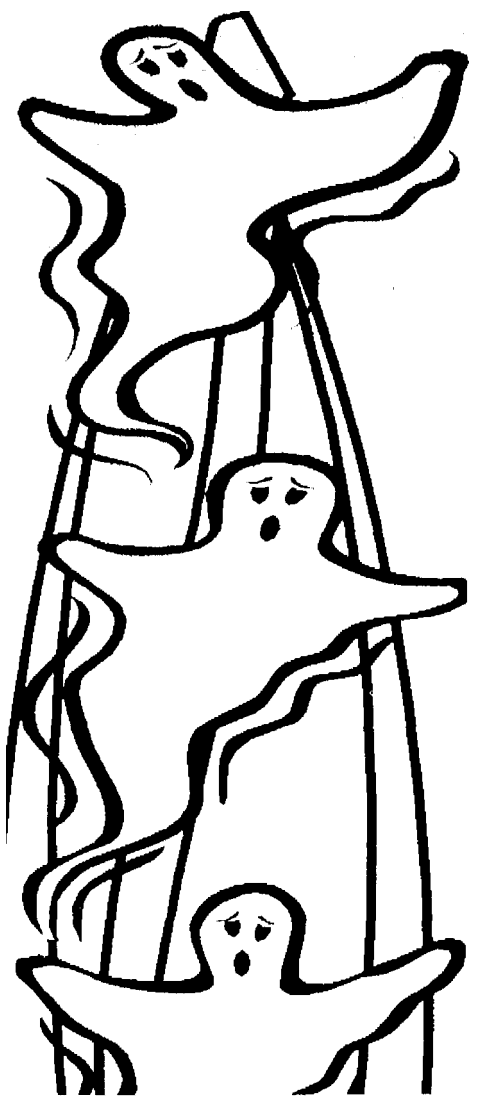
• Stay on sidewalks. If sidewalks aren't available, children should walk facing traffic.

• Know which friends your children will be with and which route they plan to take.

• Drivers are encouraged to use caution in residential areas and to turn on their headlights. Trick-or-treaters can often become distracted and sometimes fail to look both ways before crossing the street.

"These safety tips should serve as reminders to moms and dads everywhere," said Timothy J. Pietryga, senior public information director for the utility. "Halloween is a great time for treats, but unwanted tricks can be avoided by putting safety first."

For more information about hours for trick-or-treating in Grayling next Thursday, October 31, call the Grayling City office at 348-4601.



## Healthy Relationships, A Series for Women

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- > Parenting
- > Evaluating New Relationships
- > Identifying Abuse
- > Personal Esteem

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Locations Include Kirtland Community College

## Huge puffball mushroom found



Photo by Susan Warrington

Michele Bergan Marrocco (left) and Kay Babbitt found this four pound puffball mushroom near Chase Bridge Road. It was approximately eight inches high and 11 inches in diameter. The pair also found some very large morels last spring.

# It's Our 44th Anniversary Sale

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Varsity football 2B

Crawford County Avalanche

Thursday, October 24, 2002

# Over 140 runners compete in '02 Hartwick Pines Challenge

## 106 people finish the event

► 13th annual cross country race features 3.2-mile and 7.2-mile runs

Over 140 eager runners -- ready to challenge the hills and valleys of Hartwick Pines State Park -- started the 2002 Hartwick Pines Challenge 7.2 mile foot race on October 5. During last year's race, the 12th annual Hartwick Pines Challenge, 84 runners participated.

This year's race also included a 3.2-mile run on the state park's Aspen Trail. The winning time for this new event was posted by Greg Mills of Bellaire.

The first runner to cross the fin-

### Hartwick Pines Challenge 2002 3.2-Mile Race Results

(Division, Place, Name, City)

Men - 14 and under

1 Brad Fyock Clio

2 John Morrill Greenville

3 R.J. Boomer Traverse City

Men - 30 to 34

1 Matt Schnepf Lansing

Men - 40 to 44

1 Greg Mills Bellaire

Men - 45 to 49

1 Dewey Foust Williamsburg

Men - 55 to 59

1 Todd Twichell Petoskey

Women - 20 to 24

1 Onna Ingvarsson Grayling

2 Katie Olson Grayling

Women - 25-29

1 Jamie Neeland Lansing

Women - 30-34

1 Ellen Dekoker Highland

Women - 40 to 44

1 Cindy Olson Grayling

ish line of the 7.2-mile race was Mike Ehrmantraut of Midland with a time of 42 minutes, 38 seconds. The first woman to cross the line was Karen Haller of Farmington Hills (55:09).

Runners came from as far away as Toledo, Ohio and South Bend, Indiana.

The Hartwick Pines Challenge is sponsored and organized by the Grayling Kiwanis Club.



The 2002 Hartwick Pines Challenge gets underway on Saturday, October 5.

### Hartwick Pines Challenge 2002 7.2-Mile Race Results

(Place, Name, City, Time)

1 Mike Ehrmantraut	Midland	42:38	53 George Gambert	Bellaire	1:03:02
2 Ron Zywicki	Traverse City	42:42	54 Kim Peckham	Midland	1:03:08
3 Robert Mitchell	Bay City	44:21	55 Tom Gardiner	Grayling	1:03:19
4 Steve Seager	Grayling	45:51	56 Michael Knapp	Midland	1:03:21
5 Larry Kanaby	Bad Axe	46:57	57 Rick Moroni	Clinton	1:03:34
6 Tom Rozich	Au Gres	47:39	58 Terry Wilson	Roscommon	1:03:33
7 Chris Lett	Mason	47:39	59 William Rowe	Berkley	1:03:56
8 Adam Knapp	Grayling	48:30	60 Katherine Twichel	Greenville	1:04:00
9 Ken Ames	Gaylord	49:55	61 Gale Crandall	Harrison	1:04:01
10 Kenneth Hannery	Williamsburg	50:17	62 Nancy Brissette	Essexville	1:04:03
11 Mark Lesch	Ann Arbor	50:50	63 Beverly Wolcott	Toledo	1:04:15
12 Hugh Melling	Harbor Springs	51:18	64 Monica Ferkowicz	Berkley	1:04:28
13 Fred Perrin	Grayling	51:38	65 Bill Hart	Grayling	1:04:30
14 Rodney Lofquist	Traverse City	51:46	66 Paul Shepard	Eastport	1:04:36
15 Dale Ernst	Sandusky	51:54	67 Stephen Pankowski	Interlochen	1:04:40
16 Yensen Schwab	Williamsburg	52:13	68 Hollie Pippin	Frederic	1:04:57
17 Michael Weir	Rapid City	52:14	69 Juli Weir	Elk Rapids	1:05:18
18 Steve Middaugh	East Jordan	52:21	70 Richard Johnson	Sterling Heights	1:05:22
19 John Mastenbrook	Petoskey	52:31	71 Anna Panioni	Spring Lake	1:05:51
20 Morgan Weir	Rapid City	52:49	72 Lisa Somalski	Essexville	1:06:02
21 William Dean	Grayling	52:59	73 Gretchen Walsh	Grayling	1:06:06
22 Paul Owen	Gaylord	53:04	74 Tony Deaving	Bay City	1:06:09
23 Mark Jurkovich	Grayling	53:19	75 Larry Crouse	Traverse City	1:06:11
24 Lucas Merrick	Grayling	53:59	76 Jim Stevens	Frederic	1:07:56
25 Mark Walls	N/A	54:35	77 Lee Ann Leigh	Traverse City	1:08:04
26 Irvin Champlin	Grayling	55:05	79 Jan Wiseman	Ypsilanti	1:08:09
27 Karen Haller	Farmington Hills	55:09	80 David Mitchell	Dearborn	1:09:44
28 Tom Kingall	Lake Ann	55:11	81 Denise Simon	Harbor Springs	1:09:51
29 Lou McLove	Toledo	55:20	82 Mel Wicks	Maumee	1:10:20
30 Bruce McGuire	Grayling	55:21	83 Bob Boomer	Traverse City	1:10:24
31 Bob Welsch	Southgate	56:32	84 Christine Gasco	Commerce	1:10:32
32 Mark Twichel	Birmingham	56:34	85 Karen Whitney	Lake City	1:10:53
33 John Fallor	Traverse City	56:55	86 Bonnie Moroni	Clinton	1:10:54
34 Jeff Armstrong	Toledo	57:59	87 Jack Wiseman	Ypsilanti	1:11:14
35 Dan Schmidt	Cadillac	58:19	88 Carol Lovely	Grayling	1:11:17
36 Nathan Peters	Roscommon	58:25	89 Michael Dustin	Hubbard Lake	1:11:45
37 Kelley Peterson	Traverse City	58:39	90 Terry Martin	Freeland	1:12:04
38 Christine Seager	Grayling	58:40	91 Robert Pruneau	White Lake	1:12:14
39 Steven Sanday	Cottleville	58:41	92 Kathy Armstrong	Toledo	1:13:27
40 Patrick Ryder	Wolverine	58:42	93 Pam Ende	Ortonville	1:14:54
41 Eric Ende	Ortonville	58:45	94 Carolyn Clark	Petoskey	1:14:54
42 Adam George	Ortonville	58:47	95 Millard Elder	Ann Arbor	1:15:40
43 Jessica Schwab	Williamsburg	59:10	96 Annette Wicks	Maumee	1:17:07
44 Craig Liveracki	Auburn	59:38	97 Bob Rogers	Tawas	1:17:42
45 Kirk Raddatz	Royal Oak	59:39	98 Floyd Light	Reese	1:17:43
46 Ellen Thompson	Lewiston	1:00:10	99 Cindy England	Marion	1:21:30
47 Joseph Hodgkinson	Wyandotte	1:00:27	100 Tim Gasev	Commerce	1:26:39
48 Leonard Black	Bay City	1:00:31	101 Michaela Kloski	Grass Lake	1:27:40
49 Trish Duley	Gaylord	1:01:15	102 Betsy Light	Reese	1:27:50
50 Dennis Rosinski	Petoskey	1:01:35	103 Dee Crowe	Belleville	1:27:50
51 Armand Lawrence	St Helen	1:01:53	104 Violet Elder	Ann Arbor	1:28:11
52 Patrick Potter	Grayling	1:02:18	105 Jennifer Dustin	Hubbard Lake	1:35:24
			106 Linda Bearss	Hope	1:35:37



Photos courtesy of the Grayling Kiwanis Club

Mike Ehrmantraut was the first person to cross the finish line at the 2002 Hartwick Pines Challenge 7.2-mile main event.

## Triple Crown winners announced

► Event wraps up on October 5 with the Hartwick Pines Challenge race

Grayling Recreation Authority's 2002 Triple Crown recently came to a conclusion with the running of the final race -- the Grayling Kiwanis Club's Hartwick Pines Challenge -- and award ceremony.

The Triple Crown competition includes three local foot races: the Hanson Hills Challenge Trail Run (held in June during the National Trail Days Celebration); the GRA 10K (held in Grayling during the AuSable River Festival in July); and the Hartwick Pines Challenge (conducted at Hartwick Pines State Park in October).

Winners of this year's Triple Crown competition were announced after the Hartwick Pines race on October 5.

Robert Mitchell won the men's division with a combined time of 1:49:06. Christine Seager posted the best overall time in the women's division (2:23:31).

Final rankings in the Triple Crown, by age division, are listed at right.

### 2002 Triple Crown Overall Results

(Sex, Age Group, Last Name, First Name, HHCTR time, GRA 10K time, HPC time, Total Combined Time)

<b>Overall Male Winner</b>					
Mitchell Robert	0:30:26	0:34:19	0:44:21	1:49:06	
<b>Overall Female Winner</b>					
Seager Christine	0:39:39	0:45:12	0:58:40	2:23:31	
<b>F</b>					
<b>39 &amp; under</b>					
Walsh Gretchen	0:41:06	0:47:50	1:06:06	2:35:02	
Pippin Hollie	0:47:47	0:53:17	1:04:57	2:46:01	
<b>40-49</b>					
Thompson Ellen	0:42:11	0:49:32	1:00:10	2:31:53	
Lovely Carol	0:50:54	0:56:19	1:11:17	2:58:30	
<b>50-59</b>					
Simon Denise	0:46:10	0:53:32	1:09:51	2:49:33	
Kloski Michaela	1:00:30	1:08:23	1:27:40	3:36:33	
<b>60 &amp; older</b>					
Crowe Dee	1:01:51	1:04:36	1:27:50	3:34:17	
<b>M</b>					
<b>39 &amp; under</b>					
Ernst Dale	0:33:34	0:38:57	0:51:54	2:04:25	
Peters Nathan	0:33:45	0:42:07	0:58:25	2:14:17	
Merrick Lucas	0:35:55	0:44:37	0:53:59	2:14:31	
Johnson Richard	0:48:49	0:51:03	1:05:22	2:45:14	
<b>40-49</b>					
Seager Steve	0:31:39	0:36:19	0:45:51	1:53:49	
Kanaby Larry	0:32:01	0:36:53	0:46:57	1:55:51	
Melling Hugh	0:34:28	0:40:19	0:51:16	2:06:05	
Dean William	0:38:52	0:44:29	0:52:59	2:14:20	
Potter Patrick	0:41:38	0:49:28	1:02:18	2:33:24	
<b>50-59</b>					
Perrin Fred	0:35:45	0:42:09	0:51:38	2:09:32	
<b>60 &amp; older</b>					
Crouse Larry	0:46:28	0:50:53	1:06:11	2:43:32	



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## WOMEN'S HEALTH EVENT

### WOMEN'S NIGHT OUT 2002

2-8:30 p.m. Thursday, November 14, 2002  
Treetops Convention Center

"Break Free from the Purse Straps that Bind You"

Please join us for an afternoon and evening designed to empower women to take charge of their health. Between 2 p.m. and 5 p.m., the event features breakout sessions on choosing to live life well, learning how mythological goddesses relate to our lives today, and tips for beating holiday stress. The event also offers two sessions on meditation and five minute massages from area massage therapists.

The event concludes with an elegant plated dinner and a motivating and humorous look at the baggage women carry throughout their lives. Syndicated humor columnist, Deb DiSandro's presentation, *Break Free From the Purse Straps That Bind You*, is funded by a grant from the Otsego Memorial Hospital Foundation.

Your ticket price includes admission to all events from 2 p.m. until the prize drawings at 8:30 p.m. You are welcome to join us anytime between 1:30-5:30 p.m. and enjoy as much of the program as fits into your schedule.

Please plan to be registered and entered into the prize drawings by 5:45 p.m. Dinner is served at 6 p.m., followed by Deb DiSandro's address.

#### Ticket Information:

Tickets are \$25 each.  
Available only at Saturn Bookellers, Downtown Gaylord.  
Tables seat 10. Tickets may be purchased individually or by the table. A seating chart is available for viewing when purchasing tickets at Saturn Bookellers.

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Photos by Caleb Casey

Joe Zelek follows his blockers on a kick return in Friday's varsity football game in Grayling.

# Ogemaw too much for GHS

► West Branch Ogemaw Heights wins varsity football game at GHS 62-0

by Caleb Casey  
Staff Writer

A powerful Ogemaw Heights High School football team defeated Grayling High School's varsity football squad 62-0 in a game last Friday at GHS.

Ogemaw scored on all seven of its first half possessions, and three of its four second half possessions.

The Falcons forced the Vikings to punt on their first three chances with the ball. Ogemaw ended its first series of the game - a 47-yard, four-play drive - with a 20-yard TD run on a quarterback option play from the QB to the running back.

West Branch finished a five-play, 46-yard drive with a 32-yard touchdown run. The series included a pass on a fake punt on 4th and 9 for a first down to keep the drive going.

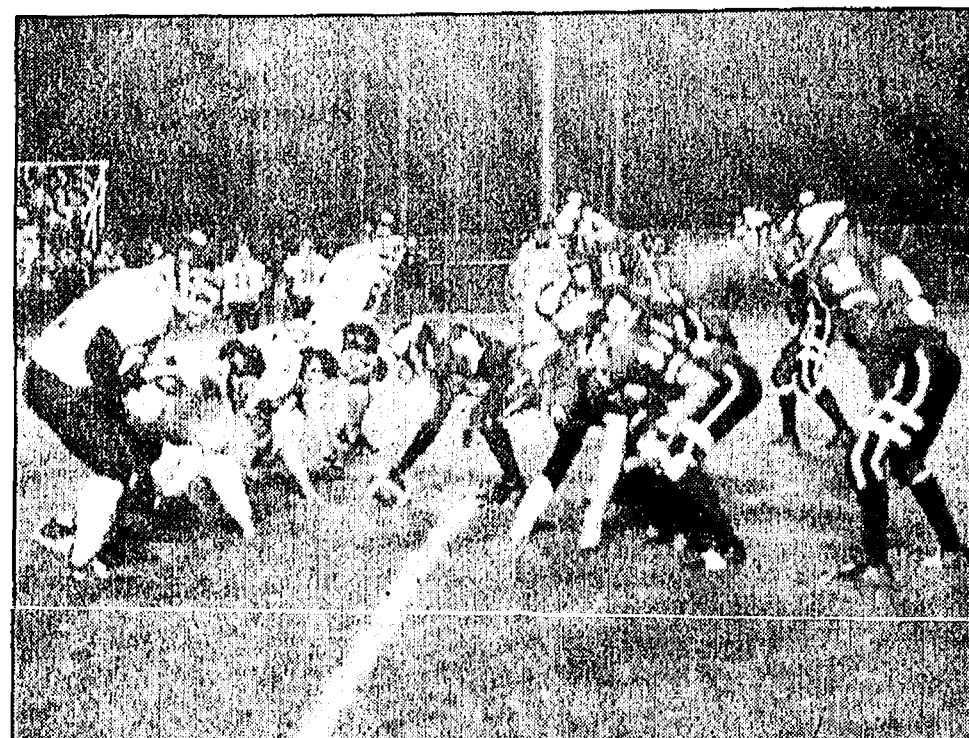
The Falcons returned Grayling's third punt of the game deep into Grayling territory. Ogemaw capped a four-play, 16-yard drive with another option play down the sideline.

The Vikings fumbled on their next series and Ogemaw recovered.

Grayling's defense held, bringing up 4th and 5 at the GHS 20-yard line. Ogemaw kicked a field goal to lead 24-0.

The Vikings fumbled on their third play from scrimmage on 3rd and 32 - after two quarterback sacks by Ogemaw. West Branch covered the loose ball and took over on offense just four yards from the endzone. On 3rd and goal, the Falcons scored on a pitch to the running back.

Grayling's offense started to get moving. On 1st and 10, quarterback



The Vikings line up for a play on offense in last Friday's game against West Branch Ogemaw Heights.

Chris Wakeley connected with wide receiver Adam Kaiser across the middle for a gain of 23 yards. A run by Shawn Gabriel on the next play picked up 10 yards and another first down. Ogemaw sacked the QB on 1st and 10.

On 2nd and 15, Wakeley hit Kaiser again, this time for a gain of 31 yards. The play brought up 1st and 10 at Ogemaw's 14-yard line. The Vikings fumbled two plays later, ending the drive.

The Falcons drove 72 yards on eight plays, ending the possession with a 46-yard touchdown pass down the sideline.

On Grayling's first play of the next series, Ogemaw intercepted a Viking pass and returned it to the GHS 9-yard line.

Grayling's defense stopped the run on 1st and goal for a loss of one. An offside penalty on GHS gave

the Falcons five yards. On 2nd and goal from the 5, Roy Czapiek tackled the Ogemaw runner for a loss of one. Greg Morrill tackled the West Branch ball carrier on 3rd and 6 after a minimal gain. On 4th and goal from the 5, the Falcons scored on a pass to the back of the endzone.

Ogemaw led 42-0 at halftime. Grayling kicked to start the second half. The Falcons returned the kick-off all the way to the endzone for a touchdown.

The Vikings turned the ball over on downs on their next series after a fake punt pass attempt on 4th and 5.

Ogemaw drove 36 yards on eight plays, ending the possession with a 3-yard touchdown run.

Grayling punted on its next series after five plays. The Falcons responded with a four-play drive that ended with a 35-yard touchdown on a deep pass on 2nd and 10.

The Vikings went three-and-out and punted. Ogemaw drove into Grayling territory but surrendered the ball on downs after 10 plays.

GHS had time for a couple of plays before the clock expired, but a QB sack stalled the drive. (The Falcons finished the game with seven sacks, overall.)

Ogemaw won 62-0.

The Vikings will end their 2002 season with a game against Tawas in Grayling on Friday, October 25, at 7:30 p.m.



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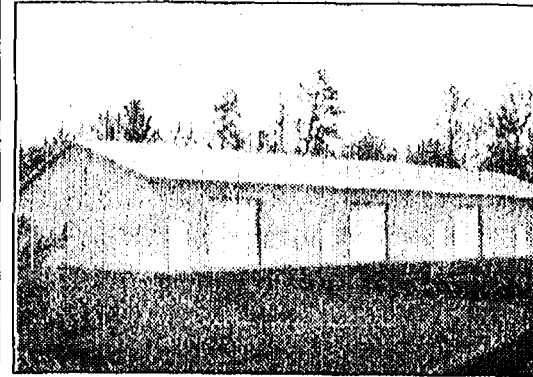
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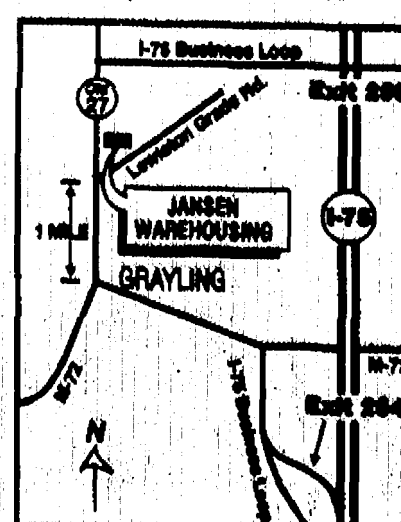
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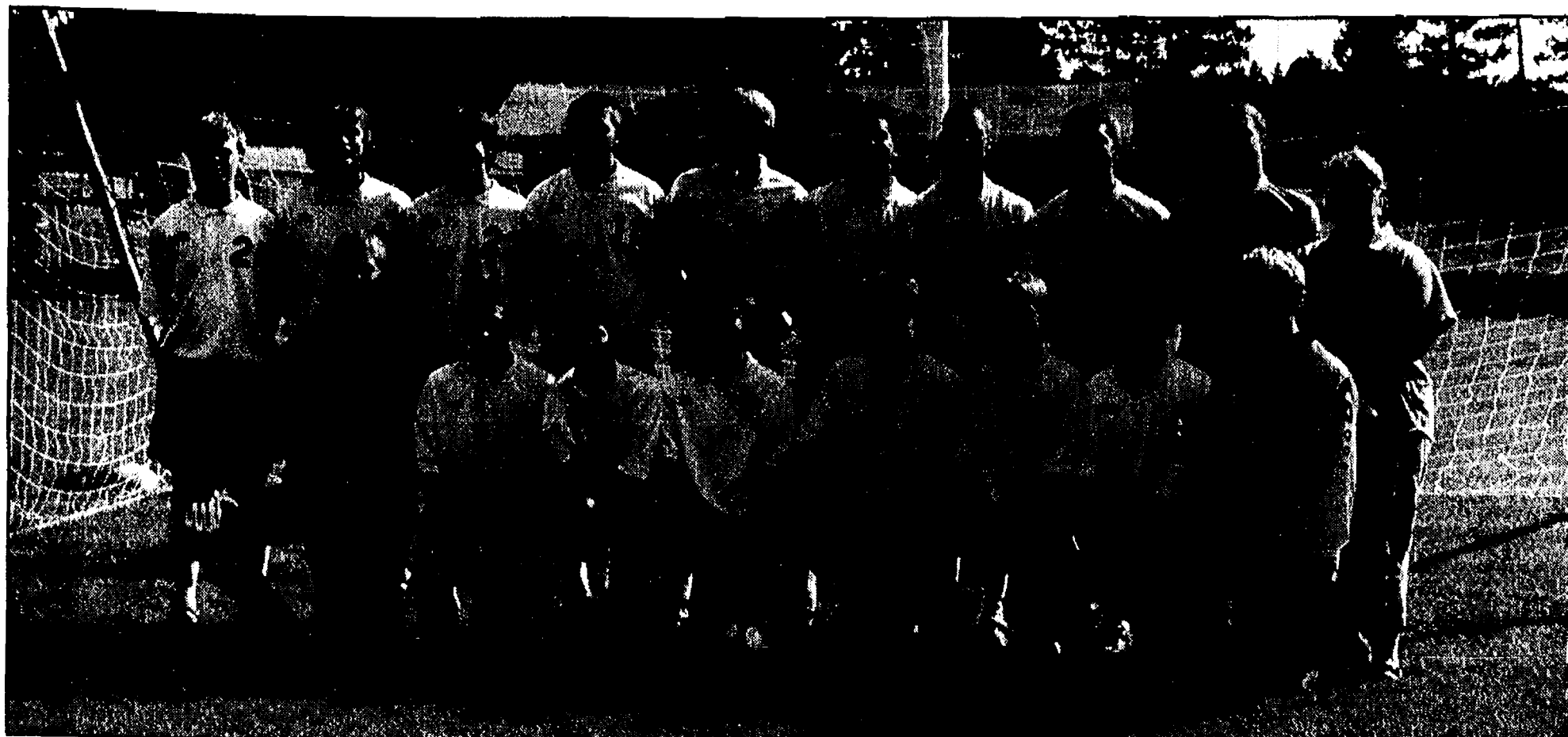
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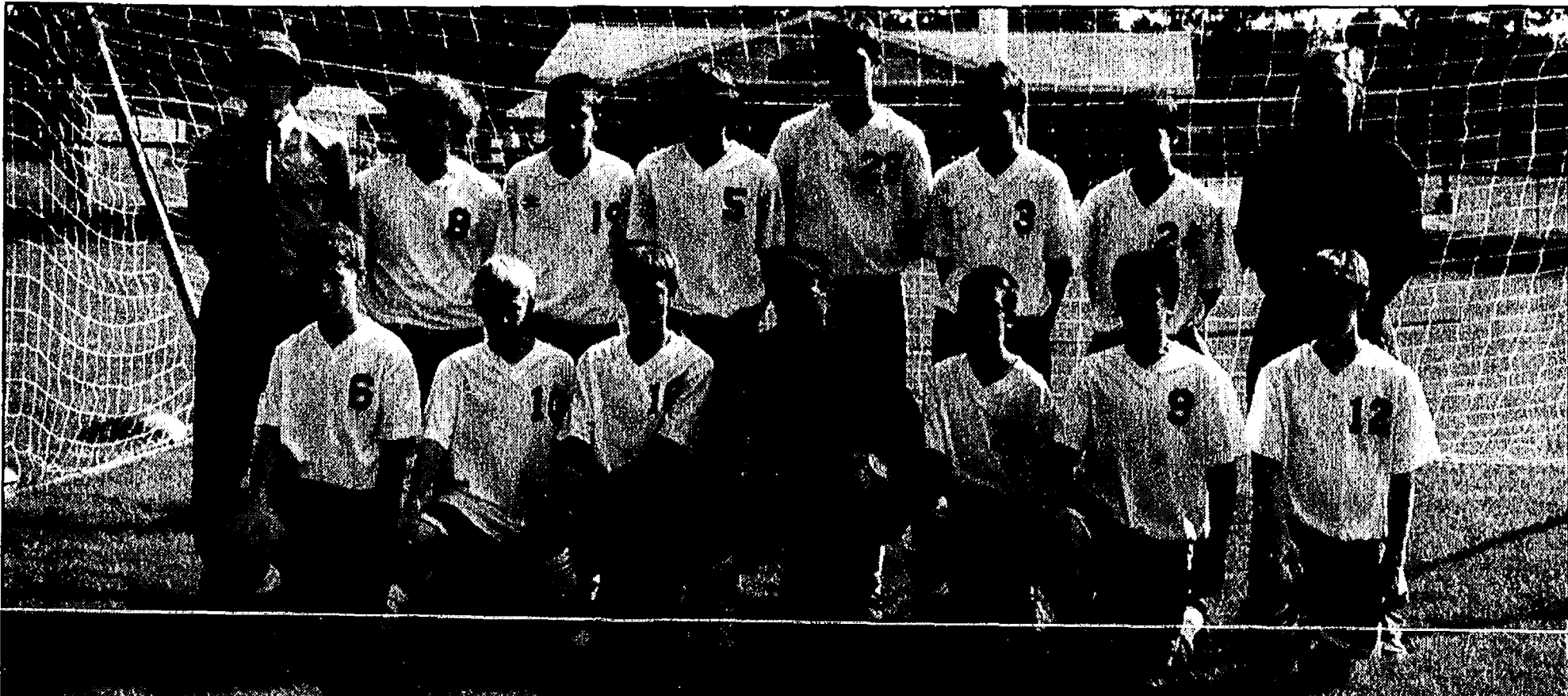
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The 2002 GHS varsity boys soccer team: (front, left to right) Chris Bonnington, Brian Phillips, Ryan Schmidt, Zac Baker, Eric Hunter, James Haven, Michael Salyers, John Handy; (back, left to right) Tony Thomas, Todd Gaffke, Josh Millikin, James Kenney, James Lawrence, Travis Hatfield, Pawel Wojcik, Brandon Pratt, Coach Kyle Langseth, Coach Karen Langseth.



The 2002 GHS junior varsity boys soccer team: (front, left to right) William Coe, Tony English, Ryan Feldhauser, Mitchell Salyers, Ben Smith, Kyle Trudgeon, Austin Andrus; (back, left to right) Coach Kyle Langseth, Jim Jansen, Kyle Alexander, Alex McNamara, Tom Pilon, Anthony Neal, Reagan Schmidt, Coach Steve Langseth.

## Soccer team wins 8-1 vs. Bay City

### ► Six Vikings score in 7-point win over Bay City John Glenn on Monday

Grayling High School's varsity boys soccer team defeated the Bobcats of Bay City John Glenn by a final score of 8-1 last Monday at Bay City.

Zac Baker and Ryan Schmidt each scored two goals for Grayling in the match. James Lawrence, Brandon Pratt, Tony Thomas, and Pawel Wojcik each had one goal for GHS. Thomas had two assists, and Pratt and Hunter each had one assist.

Goalie John Handy had seven

saves in the contest.

Grayling scored first on a corner kick play. Thomas put the corner kick in front of the goal. Pratt got to it and moved the ball to Lawrence, who put the ball in the net. Grayling's second goal came from a penalty kick by Thomas.

Hunter set up the third goal with a pass to Pratt, who took it on the run and scored. In the second half, Schmidt scored on a break-away, Baker scored with a shot into the net at the near post, Schmidt got a goal with a chip shot over the keeper's head on a pass from Thomas, and Baker scored on a shot near the edge of the penalty area.

Bay City scored, then Grayling got one more goal. Thomas moved up from the defensive third and

passed the ball up to Wojcik. Wojcik - waiting with his back to the goal - took the pass, turned, shot, and scored.

On Thursday, the Vikings lost to the Braves of Tawas 6-0 at Tawas.

Tawas scored its first goal on a penalty kick. "We kind of let down mentally after that," Coach Kyle Langseth said.

Tawas scored again on a well-executed play finished with a great shot. In the second half, the Braves scored on a direct free kick, then got two more quick goals. Tawas scored one more before the end of the match.

"Eric Hunter had a great game," said Coach Langseth.

The Vikings compete in the District Tournament this week.

## ANNUAL HARVEST DINNER

OCTOBER 24, 2002 • 5-7 P.M.

### BUFFET STYLE



Turkey and Gravy, Mashed Potatoes, Dressing,  
Green Beans, Cole Slaw,  
Squash, Cranberry Sauce, Rolls and Butter  
Apple or Pumpkin Pie  
Coffee, Tea, Punch

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4. Be gentle.
5. Floss every day.
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7. Move floss around teeth in a "C" shape.
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275-1919

### Grayling Family Dentistry

C. Thomas Riegle, D.D.S.  
205 Meadows, Grayling  
348-4300

### Arthur Kerle, D.D.S.

5653 Walker Dr., Grayling  
348-2626

### Barry Fenn, D.D.S.

Fred Bear Dr. • M-72 West • Grayling  
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## Wendy's

### Vikings of the Week



Eric Hunter



Tony Thomas

Boys Soccer  
Coach: Kyle/Karen Langseth  
**ERIC HUNTER & TONY THOMAS**

Hunter had outstanding games against BCJG and Tawas last week. His positive energy and leadership has been a real asset in many games. Tony is a player who does what needs to be done no matter the position. He's been playing defense and is a good attacking defender. He hustles and works hard.

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Std: Same as above. Change crankcase oil and filter. Change fuel water separator if applicable. \*\*Materials and labor included \$199.00

Del: Same as above. Pull outdrive, grease U-joints, drive shaft splines, transom bearing. Install new lower unit gasket set. \*\*Materials and labor included \$269.00

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# JV squad falls to Standish

► SSC Panthers build a big lead early in 60-22 victory at Grayling

by Caleb Casey  
Staff Writer

The GHS junior varsity girls basketball team lost to the Panthers of Standish Sterling Central 60-22 last Thursday in Grayling.

Standish dominated the game from the outset, outscoring Grayling 17-4 in the first eight-minute period. The Panthers generated steals with full court pressure defense and turned the turnovers into points with a strong inside game.

Grayling's four first quarter points were the result of shots inside by Jodi Riddle and Katie Baynham.

The Vikings had a better offensive attack in the second quarter, but forced passes led to several turnovers and Standish continued to capitalize. The Panthers edged Grayling 16-11 in the second period.

Grayling's 11 points included a jump shot by Hannah Hall, a put-back by Kelly Duckley, and free throws by Duckley, Hall, and Michelle McGuire.

SSC led 33-15 at the half.

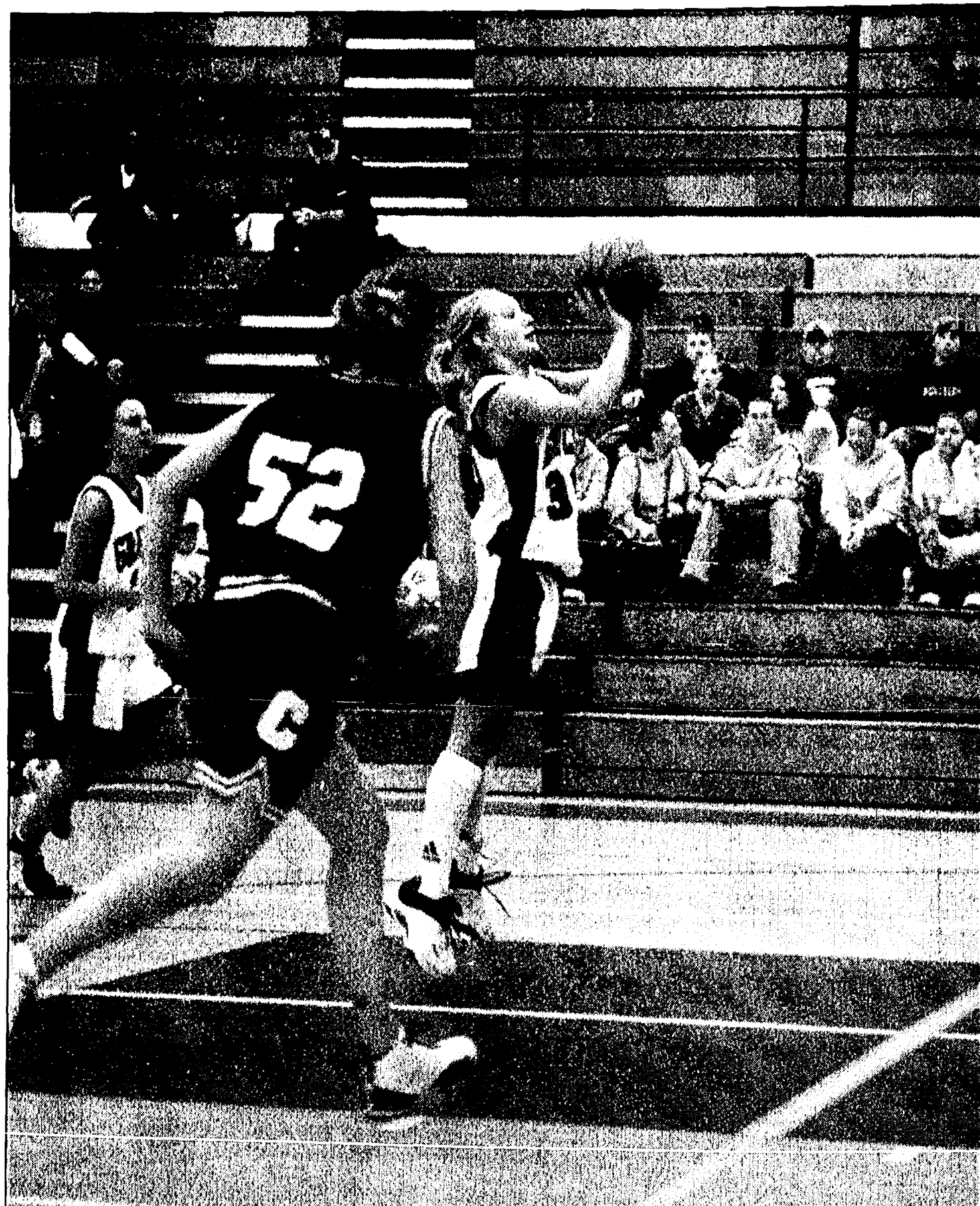
Standish opened the second half with an 11-point run. The Panthers scored 17 points in the period (to Grayling's three) to lead 50-18 going into the fourth quarter.

Grayling scored the first and last baskets of the fourth period but Standish had everything in between. The Panthers outscored GHS 10-4 to seal a 60-22 victory.

Grayling scored its four points on a drive by McGuire and a shot inside by Heather Metzger.

Duckley and McGuire were the leading scorers for Grayling with six points each.

The Vikings play at Pinconning on Tuesday, October 29. On Thursday, October 31, the JV team will host the Falcons of West Branch Ogemaw Heights at 6 p.m.



Photos by Caleb Casey

Katie Baynham takes a jump shot in the game vs. Standish last week in Grayling.



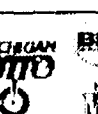
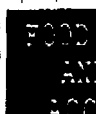
Jenny VanNuck handles the ball for Grayling in last Thursday's game against Standish Sterling Central.

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- Michigan State University
- Juris Doctor - Thomas M. Cooley Law School
- Admitted to both Michigan (1985) and Florida Courts (1987)
- Admitted to Federal Courts

The American Bar Association suggests voters should look for the following qualities in a candidate for judge:

1. **Experience** - Scott L. Hess has extensive exposure to the legal issues which are decided in District Court. He has substantial and diverse experience with the justice system in both Roscommon and Crawford Counties.
2. **Integrity** - Scott L. Hess has high moral character, honesty, industry and diligence.
3. **Professional Competence** - For almost 18 years, Scott L. Hess has demonstrated his intellect, knowledge of the law, analytical ability and judgement through a vast array of courtroom and trial experience in Roscommon and Crawford Counties.
4. **Judicial Temperament** - Scott L. Hess is unbiased, courteous, open-minded, understanding, fair and committed to the rule of law.
5. **Service** - For 18 years through his voluntary service through Rotary, Interaction with high schools students, advice to Hospice, Gahagan Nature Preserve, Friends Helping Friends foundation and the United Way, Scott L. Hess has demonstrated his commitment to the community.

## Vote November 5, 2002 for Scott L. Hess for 83rd District Judge



(Non-Partisan)



Roscommon/Crawford Counties

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\*Some restrictions apply.



# SSC wins varsity game 59-44

► Vikings fall to Stardish Sterling Central Panthers in game at GHS

by Caleb Casey  
Staff Writer

Stardish Sterling Central defeated Grayling High School 59-44 in a varsity girls basketball game in Grayling last Thursday.

SSC jumped out to an early 7-1 lead. With a jump shot and a free throw by Jessica Green and a shot inside by Mandy Czapek, the Vikings pulled to within one, 7-6. Stardish scored on a shot inside, and Grayling answered with a jump shot by Kim Mitchell. The Panthers scored four more points in the first quarter on free throws to lead 13-8 going into the second period.

Standish added to its lead with a 17-10 second quarter. Grayling scored its 10 points with a jump shot by Brica Frisbie, a shot inside by Ashley Hawley, a fast break lay-up by Tracy Parkinson, and two free throws apiece by Frisbie and

Skylynn Palmer.

At halftime, SSC led 30-18. Grayling scored the first two baskets of the second half — both put-backs by Czapek — to pull within eight. Standish then scored nine unanswered points to lead 39-22. Grayling scored twice in the last minute of the period with a shot inside by Ashley Bancroft and a jumper by Frisbie.

Standish led 43-26 going into the fourth period.

Grayling edged SSC 18-16 in the fourth quarter.

The Vikings scored their 18 on a jump shot by Hawley, a three-point play by Hawley, two free throws by Parkinson, a shot inside by Mitchell on a pass from Parkinson, a drive by Mitchell, free throws by Frisbie and Jessica Stewart, a fast break lay-up by Frisbie, and a triple by Mitchell. Mitchell and Frisbie were Grayling's leading scorers with nine points each. Ten different Vikings scored points in the match.

On Tuesday, October 29, the Vikings will play at Pinconning. On Thursday, October 31, Grayling will host West Branch Ogemaw Heights.



Photos by Caleb Casey

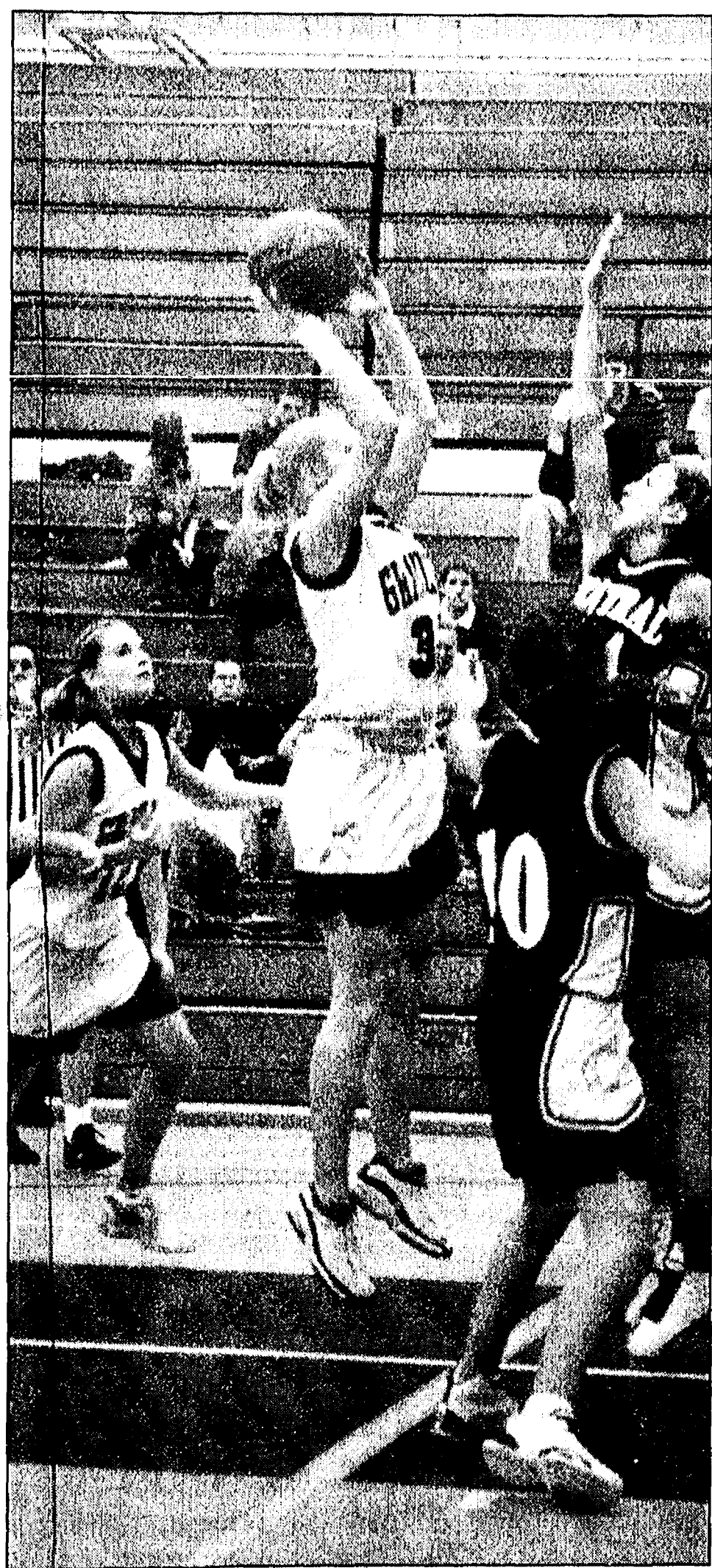
Jessica Green receives the ball near the basket on a pass from a teammate in last Thursday's game against the Panthers of Standish.

## POOL LEAGUE

### Women's Standings

Swamp II	51
Sawmill II	45
Am. Legion	44
Spikes	44
Gray Rock	43
Frederic Inn	41
Plaza	36
Sawmill I	32
5 Ball Runs: Siss (Frederic Inn), Dee (Gray Rock), Annette (Plaza), Sandy (Sawmill II), Pat (Spikes), Jeanne (Sawmill I), LaNette (Swamp II), Annette (Swamp II).	
6 Ball Runs: Pat (Spikes), Cathy	

(Spikes), Patsey (Sawmill II), LaNette (Swamp II).



Ashley Bancroft takes a jump shot in last week's contest in Grayling vs. Standish Sterling Central.

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Cauliflower . . . . . \$1.49 a Head  
Hubbard Squash . . . . . 19¢ lb.  
Nectarines . . . . . 79¢ lb.  
Sweet Spanish Onions . . . . . \$5.00 25 lb.  
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Gourds . . . . . 10/\$1.00  
Birdhouse Gourds . . . . . 4/\$1.00  
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• Sat & Sun 2:00 & 4:00pm

**Red Dragon - R** (156)  
Starring: Anthony Hopkins & Edward Norton  
• At 7:00 & 9:15pm Nightly  
• Sat & Sun 2:00 & 4:15pm

**The Ring - PG-13** (100)  
Starring: Naomi Watts & Brian Cox  
• At 7:00 & 9:15pm Nightly  
• Sat & Sun 2:00 & 4:15pm

**Jonah: A Veggie Tales Movie - G** (90)  
• At 7:00pm Nightly  
• Sat & Sun 2:00 & 4:00pm

**Sweet Home Alabama - PG-13** (109)  
Starring: Reese Witherspoon & Fred Ward  
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• Sat & Sun 2:00 & 4:15pm

**Abandon - PG-13** (99)  
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Matinee: All Seats \$5.00

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**HEALTH EDUCATION & SPECIAL EVENT CALENDAR**

**Women's Health Series** - Wednesday, October 30 — *Preventative Medicine and the Woman's Annual Exam*, Dawn Estelle, D.O. No charge. 7-8:30 p.m., at the Gaylord Evangelical Free Church. Call (989) 731-2343 for information.

**Play the Game of LIFE** - Saturday, November 2, 2002, at the Gaylord Inn, (formerly Holiday Inn). Play the Hasbro board game to help raise money for healthcare scholarships. Prizes valued at \$3,000 to be awarded during the evening, including a \$1000 grand prize. Tickets are \$25 per person. Call the OMH Foundation at (989) 731-2342 for information.

**Diabetes Education Series** - Learn to manage this chronic condition with the experts from Otsego Memorial Hospital. A new five-week series begins on Monday, November 11, 2002. No charge. Call (989) 731-2193.

**2002 Women's Health Event: Women's Night Out** - 2-8:30 p.m., Thursday, November 14. Enjoy afternoon breakout sessions on stress and meditation, five minute massages, and gather tons of health-related information. Enjoy a plated dinner and syndicated humor columnist Deb DiSandro. Tickets are \$25 and available only at Saturn Booksellers in downtown Gaylord. Call (989) 731-2343 for a brochure or information.

**Women's Health Series** - Wednesday, November 20 — *Women and Heart Disease*, Patricia Duley, M.D. No charge. 7-8:30 p.m., at the Gaylord Evangelical Free Church. Call (989) 731-2343 for information.

**OMH and ARC Community Blood Drive** - 9 a.m.-2:45 p.m., Thursday, November 21, 2002, OMH Classroom. Call (989) 731-2216 to make an appointment to give a life-saving gift.

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# Football Contest

## Week #7 Winning Games

1. Detroit (43)
2. Denver
3. Buffalo
4. New Orleans
5. NY Jets
6. Philadelphia
7. St. Louis
8. Atlanta
9. Baltimore (27)
10. San Diego
11. Cleveland
12. Green Bay
13. Arizona
14. Notre Dame
15. Minnesota
16. U of M (44)

### Weekly Prizes

- Sports Cap -- Scheer Motors
- Free 20 lb. Propane Cylinder Fill Up -- Fick & Son
- One Free Lunch an \$8.95 Value -- Grayling Holiday Inn
- \$50 -- Grayling Avalanche
- \$10 Gift Certificate -- Riverland Gear
- \$25 Gift Certificate -- Comfort Center
- One Free Extreme Mug -- 7-Eleven
- \$10 Gift Certificate -- Abel Auto
- One House Speciality Burrito a \$6.95 Value -- Gray Rock Cafe

### Winner of the Week

## John Wireman

- with 13 correct
- 98 entries

#### 1. Detroit vs. Buffalo



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#### 2. Pittsburgh vs. Baltimore

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- Engraving • Trophies
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- Embroidery • Banners
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#### 3. Tampa Bay vs. Carolina



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#### 4. Tennessee vs. Cincinnati

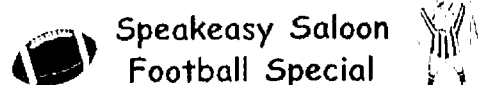


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#### 5. Seattle vs. Dallas



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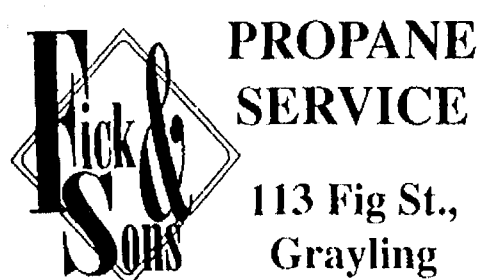
#### 6. Oakland vs. Kansas City

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#### 7. Chicago vs. Minnesota



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#### 8. Atlanta vs. New Orleans



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#### 9. Cleveland vs. NY Jets

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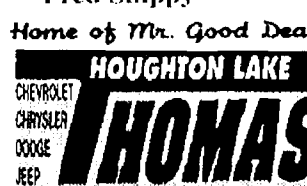


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#### 10. Arizona vs. San Francisco



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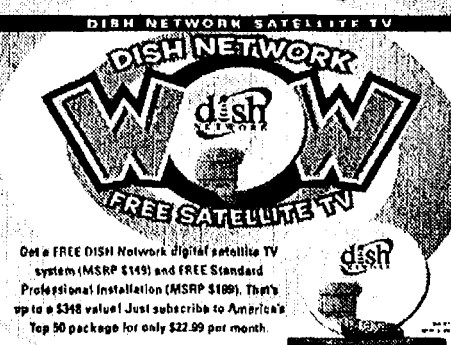
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#### 11. Houston vs. Jacksonville



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#### 12. Denver vs. New England



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#### 13. Indianapolis vs. Washington



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#### 14. Notre Dame vs. Florida St.

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#### 15. Wisconsin vs. Michigan St.



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#### 16. Iowa vs. U of M

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### WEEK #8

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Winner	Advertiser	Winner	Advertiser	Winner	Advertiser
Game 1 _____		Game 8 _____		Game 15 _____	
Game 2 _____		Game 9 _____		Game 16 _____	
Game 3 _____		Game 10 _____			
Game 4 _____		Game 11 _____			
Game 5 _____		Game 12 _____		Tiebreaker 1 Game #1 _____	
Game 6 _____		Game 13 _____		Tiebreaker 2 game #9 _____	
Game 7 _____		Game 14 _____		Tiebreaker 3 game #16 _____	

#### Avalanche Football Contest Official Rules

(1) Contestants must list the advertiser in which each game is found. Write your prediction for the games played, advertisers and tiebreakers (total points scored by both teams) on entry form. Entry form without advertisers listed will be invalid. The person with the most correct picks wins all the weekly prizes listed. If the tie breakers can not determine a winner a drawing will be held to select a single winner. (2) One entry per person a week will be accepted. Crawford County Avalanche employees are not eligible. (3) Completed entry forms must be returned to the Avalanche no later than 5 pm Friday before each week's games. Mail slot in our door may be used Wednesday or Thursday night after 5 pm and before 9 am. Mailed entries must be postmarked no later 5 pm Friday. Mail to Crawford County Avalanche, P.O. Box 4907 Grayling, MI 49738. (4) Entries must be on an official entry form as printed in the Avalanche. No purchase necessary to enter. Entry forms are available at the Avalanche office. Winner may claim their prizes at the Avalanche office between 9 am and 5 pm weekdays. Identification and a social security number must be presented when claiming prizes.



# KCC student completes marathon

ROSCOMMON — Between a bad breakup with her boyfriend and a worrisome health scare, Anella "Nellie" Oliva was having a lousy summer. But instead of trying to solve her problems with booze or drugs the way some people do, she strapped on some headsets blaring what she calls "my angry music," and ran.

And ran, and ran, and ran. In fact, she didn't stop until Sunday, at Ford Field in Detroit, where she completed her first-ever marathon. But it wasn't until she entered the stadium and saw her tearful face on the huge scoreboard that she even realized what she had accomplished.

"All along, I kept thinking to myself, 'Am I really doing this? Is this for real?'" the 21-year-old Kirtland student and cheerleader from Lewiston said. "It felt like a dream."

Which was better than the nightmare of a summer she was having. The break-up was one thing, but when a doctor suspected she might have cancer — a diagnosis that turned out to be wrong — Oliva felt like she needed some kind of escape.

"But I figured instead of drinking or other stuff to solve my problems, why not run?" she said. "I always wanted to do a marathon."

In fact, her father, Fred, was training her for a marathon when he had a stroke two years ago. She stopped training when she got up to 13 miles, and didn't get serious about running again until just a few months ago — which makes her ability to complete the 26-plus miles that much more remarkable.

The Detroit Free Press Marathon began at Comerica Park downtown and continued across the Ambassador Bridge into Canada. Runners enjoyed a scenic trot along Windsor's beautiful riverfront park and back across the border through the tunnel.

But somewhere about the 20-mile mark, things began to go badly for Oliva. She hit her wall. Her knee was giving her problems and she worried she might not be able to finish. Another runner — she knows him only as Lance — partnered up with her and the two of them limped in.

After Belle Isle, runners turned left back toward downtown toward



Anella "Nellie" Oliva

the finish line.

"When we saw that 25-mile mark, our eyes just lit up," Oliva recalled. They began running hard again.

When the finish line came into view, somewhere inside the gleaming new Ford Field, Oliva could hardly see it for the tears in her eyes.

"I was crying so hard," she recalled. "Then I looked up and saw myself on the big screen."

This was no dream. She had reached the finish line.

One of her first phone calls after it ended was from her father. "He told me he was so proud of me," she said. Oliva is proud of herself, too.

"I'm just so glad I didn't go out and drink a lot," she said. "Then your problems get even bigger."

And another thing: "Now I can scratch running a marathon off my to-do list," she said.

She has a new boyfriend, too.

## BOWLING LEAGUE

**Recreation**  
Coldwell Bankers . . . 18 - 10  
Peterson Saw Service . . . 16.5 - 11.5  
Glens' Market . . . 15.5 - 12.5  
Woody Girls' . . . 15.5 - 12.5  
Hawk Ridge Golf . . . 14 - 14  
Gale Enterprises . . . 11.5 - 16.5  
Chicken Little Joint Pro. . . 11 - 17  
Mickey Perez CPA . . . 10 - 18  
High Series: J. Czapek, 649; K. Laughlin, 514; P. Terry, 493, V. Balmes, 489.  
High Game: J. Czapek, 229; V. Balmes, 194; P. Terry, 191; S. Harney, 180.

**Pioneer**  
McDonald's of Grayling . . . 17 - 07  
The Ice House . . . 14.5 - 9.5  
Custom Interior . . . 13 - 11  
Hawk Ridge Golf . . . 12.5 - 11.5  
South Side River Rats . . . 12 - 12  
Rochette's . . . 10 - 14  
Chemical Bank . . . 09 - 15  
Avalanche . . . 08 - 16  
High Series: C. Jones, 542; C. Clark, 521; J. Coors, 491; M. Moshier, 480; J. Hatfield, 480.  
High Game: C. Clark, 240; M. Kroell, 211; C. Jones, 199; J. Coors, 187.

**National First**  
Northern White Tail Ranch 36 - 13  
AuSable Construction . . . 28 - 21  
Hart Pontiac-GMC . . . 27 - 22  
Faustman's Insurance . . . 26 - 23

Denholm Chiropractic . . . 24 - 25  
Corky's Karaoke . . . 21 - 28  
Legion Lanes . . . 20 - 29  
Scott Pittman Builders . . . 14 - 35  
High Series: M. Barr, 666; R. Annis, 629; T. Sowinski, 625.  
High Game: M. Barr, 275; M. Deming, 253; R. Annis, 247.

**American Men's League**  
McLean's Ace . . . 38 - 11  
Gadeo . . . 31 - 18  
Scheer Motors . . . 29 - 20  
Moore's Automotive . . . 23 - 26  
Forrest Brothers . . . 22 - 27  
Warren Forest Products . . . 22 - 27  
Helsel Forest Products . . . 19 - 30  
Fenton's Auto Service . . . 12 - 37  
High Series: T. Kotrash, 672; L. Davis, 616; J. Robideau, 610.  
High Game: T. Kotrash, 258; J. Robideau, 230; B. Trudeau, 221; L. Davis, 221.

**Northwood**  
Hart Pontiac-GMC . . . 18 - 10  
Corky's Karaoke . . . 18 - 10  
North MI Financial . . . 15 - 13  
Beckett Contracting . . . 15 - 13  
Grayling Chiropractic . . . 13.5 - 14.5  
Calkins Excavating . . . 11.5 - 16.5  
Hometown Furniture . . . 11 - 17  
Lucky & Laura's . . . 10 - 18  
High Series: M. Miller, 575; T. Hellebuyck, 537; S. Romain, 498.  
High Game: A. Contreras, 229; M. Miller, 226; T. Hellebuyck, 217.

**Friday Mixed Doubles**  
Double Trouble . . . 19 - 09  
Charlie's Country Corner . . . 18 - 10  
American Legion Lanes . . . 16 - 12  
Northern Cafe . . . 15 - 13  
Fick & Sons . . . 14 - 14  
Ken's Tire & Auto . . . 12 - 16  
Piehl's Sawmill . . . 11 - 17  
Moshier Auto Repair . . . 07 - 21  
High Series Men: C. Hanson, 588; J. Campbell, 549; J. Mehal, 527.  
High Game Men: J. Campbell, 253; J. Mehal, 214; C. Hanson, 202.  
High Series D. K. Moshier, 513; D. Medina, 508; S. Johnson, 486.  
High Game Women: B. Lozon, 199; K. Moshier, 190; S. Johnson, 183.

**Senior League**  
Grayling Pharmacy . . . 17 - 11  
Sylvester's Sports . . . 16 - 12  
Flowers By Josie . . . 16 - 12  
Spike's Keg O'Nails . . . 15 - 13  
Halls Snow Removal . . . 15 - 13  
Gray Rock . . . 15 - 13  
Bucci's Pizza . . . 09 - 19  
Cornell Insurance . . . 08 - 20  
High Series Men: K. Harris, 592; G. Wolfe, 572; J. Mehal, 565.  
High Game Men: K. Harris, 209; G. Wolfe, 205; K. Louchart, 200.  
High Series Women: M. Rysso, 486; N. Glasslee, 483; P. Harris, 470.  
High Game Women: M. Rysso, 174; P. Harris, 171; M. Baker, 168.

## LEGAL ACTION

### MORTGAGE SALE

This firm is a debt collector attempting to collect a debt. Any information we obtain will be used for that purpose. Please contact our office at the number below if you are in active military duty.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Frances Rienke, a single woman and Timothy A. Freese, a single man, as joint tenants (original mortgagors) to J. Virgil, Inc., DBA Lending Factory, Mortgage Banker, Mortgagee, dated November 3, 2000, and recorded on December 4, 2000 in Liber 524 on Page 107 in Crawford County Records, Michigan, and was assigned by said mortgage to the EquiCredit Corporation of America, Assignee by an assignment dated November 7, 2000, which was recorded on October 9, 2001, in Liber 555 on Page 399, Crawford County Records, on which mortgage there is claimed to be due at the date hereof the sum of Forty-Four Thousand and One Hundred Thirty-One Dollars and 19/100 dollars (\$44,131.19), including interest at 13.770% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 a.m., on November 27, 2002.

Said premises are situated in Township of Grayling, Crawford County, Michigan, and are described as:

Commencing 305.6 feet West of the East 1/8 Post of the North 1/8 Line of the Northwest 1/4 of the Northeast 1/4 Section 13, Town 26 North, Range 4 West, Township of Grayling, Crawford County, Michigan; thence Northeasterly along the Centerline of Old M-93, 143 feet to the Point of Beginning; thence Northwesterly 404.3 feet; thence Easterly 76.54 feet; thence Southeasterly 351.0 feet of the Centerline of Old M-93; thence Southwesterly along the Centerline to the Point of Beginning.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: October 17, 2002

For information, please call:

Wolves 248-593-1312

Trott & Trott, P.C.

Attorneys and Counselors

30400 Telegraph Road, Suite 200

Bingham Farms, MI 48025

File #200211703

Wolves

-17-24-31-7-14

### NOTICE OF MORTGAGE SALE

Default having been made in the conditions of a certain Mortgage made by Tina M. Nelson, whose last known address is 120 Jeanette Street, Grayling, Michigan 49738, to The United States of America, acting through the Farmers Home Administration (now known as Rural Development), United States Department of Agriculture, with its District Office being located at 1501 Cass Street, Suite A, Traverse City, Michigan 49684, the Mortgagee, dated September 2, 1994 and recorded in the office of the Register of Deeds for the County of Crawford and State of Michigan on September 6, 1994 in Liber 383 of Crawford County Records on Pages 218 through 221, inclusive, said Borrower on the above date of September 2, 1994, also having executed a certain Assumption Agreement in writing, by which she assumed prior mortgages given by Ronald L. Finch and Cindy M. Finch, husband and wife, to the United States of America, acting through the Farmers Home Administration, dated March 23, 1990 and recorded March 23, 1990, in Liber 308 of Crawford County Records on Pages 436 through 439, inclusive and a certain mortgage given by Kathy L. Tyson to the United States of America, acting through the Farmer's Home Administration, dated March 11, 1994, and recorded March 11, 1994, in Liber 374 of Crawford County Records on Pages 383 through 386, inclusive, and by reason of such default, the Mortgagee elects to declare the entire unpaid amount of such Mortgage due and payable forthwith, on which Mortgage there is claimed to be due at the date of this notice, for principal and interest, the sum of Eighty-Two Thousand Three Hundred Twenty and 30/100 (\$82,320.30) Dollars, and no proceedings having been

instituted to recover the debt now remaining secured by said Mortgage, or any part thereof, whereby the power of sale contained in said Mortgage has become operative;

Now Therefore, Notice is Hereby Given that by virtue of the power of sale contained in said Mortgage and in pursuance of the statute in such case made and provided, the said Mortgage will be foreclosed by a sale of the premises therein described or so much thereof as may be necessary, at public auction, to the highest bidder, at the front lobby of the Crawford County Courthouse located at 200 W. Michigan Avenue in the City of Grayling and County of Crawford, Michigan, that being the place of holding the Circuit Court in and for said County, on Wednesday November 27, 2002, at 10 o'clock local time, in the forenoon of said day, and said premises will be sold to pay the amount so as aforesaid then due on said Mortgage together with 8.0 percent interest, legal costs, attorneys' fees and also any taxes and insurance that said Mortgagee does pay on or prior to the date of said sale; which said premises are described in said Mortgage as follows, to-wit:

Land and premises situated in the Township of Grayling, County of Crawford, and State of Michigan:

Lot 55, Clough's Highland Acres, according to the recorded Plat thereof as recorded in Liber 1 of Plats, Page 65, Crawford County Records (also commonly known as 120 Jeanette Street, Grayling, Michigan, 49738; tax no. 040-45-220-00-055-00).

The redemption period shall be six (6) month(s) from the date of such sale, unless the property is abandoned in which case the redemption period shall be thirty (30) days from the date of sale.

For further information with regard to this foreclosure contact Rural Development (formerly Farmers Home Administration), 240 West Wright Street, West Branch, Michigan, 48661, telephone (989) 345-5470, ext. 4.

Dated: October 16, 2002  
United States of America, acting through the Farmers Home Administration (now Rural Development), United States Department of Agriculture, Mortgagee  
Robert J. Zitta (P22749)  
Attorney for Mortgagee  
Schuehler & Zitta  
300 Washington Street  
P.O. Box 212  
Grand Haven, MI 49417  
(616) 842-1470

-24-31-7-14

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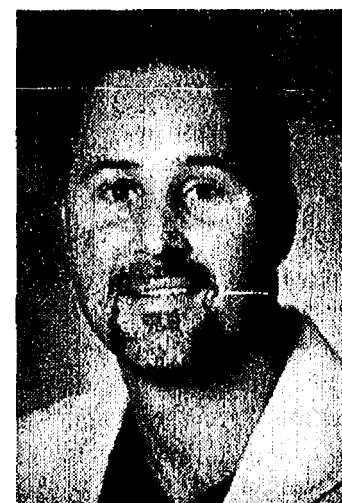
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Phone (989) 239-9563 • Fax (989) 422-2425

Email mika@voyager.net

## ANNOUNCING

JOSEPH R. YACISEN, DO  
Orthopedics/Sports Medicine



Joseph R. Yacisen, DO, has joined the staff of Mercy Hospital Grayling as a specialist in Orthopedics and Sports Medicine. A graduate of Nova-Southeastern University in Davies, FL, Yacisen completed his internship and residency in Orthopedic Surgery at Genesys Regional Medical Center in Flint, Michigan. Dr. Yacisen is opening his practice and is accepting new patients.

2585 W. Houghton Lake Drive, Prudenville

234 Lake Street, Roscommon

For more information or an appointment, call (989) 348-5461.



MERCY HOSPITAL GRAYLING

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## ATTENTION U.S. VETERANS!

### DO YOU HAVE QUESTIONS OR CONCERNS ABOUT V.A. BENEFITS?

We represent Veterans and their families in compensation, pension, widow's pension, education, home loans, burial, death benefits, medical, prescriptions, and (new) Veterans property tax rebates. We also service National Guard and Reserves too!

Please contact: Richard Riggs (Amvets Rep.) at 989-344-6138, located at Camp Grayling, MI. Every Friday: 9-3. By appointment only

(Due to security on base)

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# LEGAL ACTION

## STATE OF MICHIGAN PROBATE COURT COUNTY OF CRAWFORD NOTICE TO CREDITORS Decedent's Estate

Case No. 02-6525-DE  
Estate of Marie J. Helgendorf, Date of birth: 11/09/30

**NOTICE TO CREDITORS:**  
The decedent, Marie J. Helgendorf, who lived at 11075 Leline Road, Roscommon, Michigan died October 10, 2002.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Sherley M. Taucher, who lives at 22 Hollywood Court, Mt. Clemens, Michigan, is named personal representative. Any person that has any claim against Marie J. Helgendorf, must present their claim to both the probate court at 200 W. Michigan Ave. Grayling, MI 49738 and the named/proposed personal representative within 4 months after the date of publication of this notice or it shall be forever barred. Claims may also be presented to the attorney

for the Personal Representative.  
Date: October 15, 2002

-24

## MORTGAGE SALE

This firm is a debt collector attempting to collect a debt. Any information we obtain will be used for that purpose. Please contact our office at the number below if you are in active military duty.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Betty L. Nowlin and Richard L. Nowlin (original mortgagors) to Old Woodward Mortgage, A Michigan Corporation, Mortgagee, dated June 29, 2001 and recorded on July 17, 2001 in Liber 0541 on Page 611 in Crawford County Records, Michigan, and was assigned by said mortgagee to the ABN AMRO Mortgage Group, Inc. Assignee by an assignment dated July 19, 2001, which was recorded on August 24, 2001, in Liber 0550 on Page 372, Crawford County Records, on

which mortgage there is claimed to be due at the date hereof the sum of Twenty-Seven Thousand Nine Hundred Four and 21/100 dollars (\$27,904.21), including interest at 7.250% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 a.m., on November 20, 2002.

Said premises are situated in City of Grayling, Crawford County, Michigan, and are described as:

Lot 10, Block 27, Roffee's addition to the Village (now City) of Grayling, Crawford County, Michigan, according to the recorded plat thereof, as recorded in the Liber 01 of the Plats, Page 11, Crawford County, Records.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: October 10, 2002  
For information, please call:

### NOTICE TO CREDITORS File No. 2002 CP010048NC IN THE CIRCUIT COURT FOR SARASOTA COUNTY, FLORIDA PROBATE DIVISION

**IN RE: ESTATE OF VIDIAN L. ROE** Deceased. The administration of the estate of Vidian L. Roe, deceased, whose date of death was June 22, 2002; is pending in the Circuit Court for Sarasota County, Florida. Probate Division; File Number 2002CP010048NC, the address of which is P.O. Box 3079, Sarasota, FL 34230. The names and addresses of the Personal Representative and the Personal Representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate, including unmatured, contingent or unliquidated claims, on whom a copy of this notice is served must file their claims with this court WITHIN THE LATER OF 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against the decedent's estate, including unmatured, contingent or unliquidated claims must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

**ALL CLAIMS NOT SO FILED WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE ANY CLAIM FILED TWO(2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.**  
The date of first publication of this Notice is October 17, 2002.  
Personal Representative:  
Comerica Bank  
1800 Corporate Blvd., N.W.  
Boca Raton, FL 33431-7394  
Attorney for Personal Representative:  
Brian Y. Miller, P.A.  
Florida Bar No. 152050  
2477 Stickney Point Rd., #107B  
Sarasota, FL 34231  
Telephone: (941) 923-3453  
Pub: October 17, 24, 2002

Cougars 248-593-1301  
Trott & Trott, P.C.  
Attorneys and Counselors  
30400 Telegraph Road, Suite 200  
Bingham Farms, MI 48025  
File #200228600  
Cougars

-10-17-24-31-78

## MORTGAGE SALE

This firm is a debt collector attempting to collect a debt. Any information we obtain will be used for that purpose. Please contact our office at the number below if you are in active military duty.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Jo Ellen B. Ventline and Edward D. Ventline (original mortgagors) to Citizens Bank successor in interest by merger and or name change to Grayling State Bank, a Michigan Corporation, Mortgagee, dated

March 17, 1995, and recorded on March 24, 1995 in Liber 391 on Page 551 in Crawford County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Twenty-Seven Thousand Five Hundred Sixty-Five and 16/100 dollars (\$27,565.16), including interest at 7.500% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 a.m. on November 6, 2002.

Said premises are situated in the Township of S/B Beaver Creek, Crawford County, Michigan, and are described as:

The East 1/2 of the East 1/2 of the Southwest 1/4 of the Northeast 1/4 of Section 3, Town 25 North, Range 3 West, Crawford County Records.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption

period shall be 30 days from the date of such sale.

Dated: September 26, 2002  
For information, please call:  
Cougars 248-593-1301  
Trott & Trott, P.C.  
Attorneys and Counselors  
30400 Telegraph Road, Suite 200  
Bingham Farms, MI 48025  
File #200226362  
Cougars

-26-3-10-17-24

## MORTGAGE SALE

This firm is a debt collector attempting to collect a debt. Any information we obtain will be used for that purpose. Please contact our office at the number below if you are in active military duty.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Eugene L. Poll and Winifred M. Poll, husband and wife (original mortgagors) to Mortgage Electronic Registration Systems, Inc. solely as nominee for Lender America's Wholesale Lender, Mortgagee, dated April 26, 2001, and recorded on July 20, 2001 in Liber 542 on Page 615 in Crawford County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Seventy-One Thousand Two Hundred Ninety-Seven and 61/100 (\$71,297.61), including interest at 7.000% per annum. Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 a.m., on November 13, 2002.

Said premises are situated in City of Grayling, Crawford County, Michigan, and are described as:

Commencing at the Northeast corner of Lot 7, Block 1, Martha M. Brinks Second Addition to the Village (now City) of Grayling; thence North 120 feet; thence East 132 feet; thence South along Mikedo Street, 120 feet; thence West to the point of beginning same being a portion of Lot A, Block 1, Martha M. Brinks Second Addition to the Village (now City) of Grayling according to the plat recorded in Liber 1 of Plats, Page 29, Crawford County Records.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: October 3, 2002  
For information, please call:  
Mustangs 248-593-1306  
Trott & Trott, P.C.  
Attorneys and Counselors  
30400 Telegraph Road, Suite 200  
Bingham Farms, MI 48025  
File #200227623  
Mustangs

-3-10-17-24-31

## MORTGAGE SALE

This firm is a debt collector attempting to collect a debt. Any information we obtain will be used for that purpose. Please contact our office at the number below if you are in active military duty.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Lawrence Mattis Jr. and Joan Mattis, husband and wife (original mortgagors) to Citizens Bank successor by merger and or name change to Grayling State Bank, A Michigan Banking Association, Mortgagee, dated August 25, 1988, and recorded on August 26, 1988 in Liber 285 on Page 450 in Crawford County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Thirteen Thousand Nine Hundred Eighty-Five and 16/100 dollars (\$13,985.16), including interest at 9.250% per annum. Said Mortgage was modified by Agreement of Extension dated August 25, 1994 and recorded in Liber 383 on Page 620, Crawford County Records.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 a.m., on November 13, 2002.

Said premises are situated in Township of Grayling, Crawford County, Michigan, and are described as:

Part of the East 1/2 of the Northeast 1/4 of Section 22 and part of the West 1/2 of the Northwest 1/4 of Section 23, Town 26 North, Range 2 West, Grayling Township, Crawford County, Michigan: Commencing at the Northeast corner of said Section 22, thence South (along the section line) 1184.0 feet; thence South 72 degrees 00 minutes East, 56.6 feet to the Westerly R/W of Wakeley Bridge Road, thence South 7 degrees 20 minutes West (along the Easterly R/W of Wakeley Bridge Road), 115.0 feet to the Point of Beginning; thence continuing South 7 degrees 20 minutes West, 208.0 feet to the Northeastly R/W of M-72, thence North 42 degrees 15 minutes West (along the Northeastly R/W of M-72), 190.0 feet thence North 50 degrees 07 minutes East, 91.20 feet thence North 84 degrees 59 minutes East, 84.0 feet to the Point of Beginning.

The redemption period shall be 6 month(s) from the date of such sale. Dated: October 3, 2002

For information, please call:  
Cougars 248-593-1301  
Trott & Trott, P.C.  
Attorneys and Counselors  
30400 Telegraph Road, Suite 200  
Bingham Farms, MI 48025  
File #200226781  
Cougars

-3-10-17-24-31

## BOARD POSITION OPENING CRAWFORD COUNTY ECONOMIC DEVELOPMENT FUND COMMITTEE

The Crawford County Board of Commissioners are accepting applications for an open position with the Crawford County Economic Development Fund Committee. Members of this board review and award loans to small businesses through the Economic Development Fund. Applicants must be 18 years of age, a Crawford County resident, must have the knowledge and desire to make good decisions for improvements to small businesses in Crawford County. Deadline to submit application is Wednesday, November 6, 2002 at 4:00 P.M. Applications may be sought from Sandra Moore, County Clerk/Register of Deeds Crawford County Courthouse, 200 W. Michigan Avenue, Grayling, Michigan 49738.

Sandra Moore  
Crawford County Clerk/Register of Deeds  
October 11, 2002

## PUBLIC NOTICE

This notice is to advise you and all interested persons that I have scheduled a Planning Commission Public Hearing concerning:

- 1.) Special use permit to allow a proposed medical clinic at the location of 809 Michigan Avenue and 403 Plum Street.
- 2.) Special use permit for 203 Michigan Avenue to allow a place of residency in a Downtown Commercial District (C-1).

The Public Hearing to consider these matters is scheduled for 7:00 p.m. on Wednesday, October 30, 2002 at the Grayling Elementary School conference room, 1000 Michigan Avenue. All interested parties are hereby requested to attend said Public Hearing and/or submit such data as may be pertinent to the case(s) at hand. Data may be submitted to the Grayling City Office, 5688 M-72 West, P.O. Box 549, Grayling, MI 49738 and inquiries may be directed to City Manager Allen Lowe by calling 989-348-2131.

Michele Moshier  
City Clerk  
10-21-02

## GENERAL ELECTION NOTICE TO CRAWFORD COUNTY ELECTORS

To All Qualified Electors of Crawford County:  
The General Election will be held Tuesday, November 5, 2002 to elect candidates and vote on Township, City, County, and State wide proposals for the following offices;

Governor  
Lt. Governor  
Secretary of State  
Attorney General  
Members of the State Board of Education  
Members of U of M Board of Regents  
Members of MSU Board of Trustees  
Members of Wayne State University Board of Governors  
Sheriff  
Road Commissioner  
County Commissioner  
State Senator  
Maple Forest Township Treasurer  
Justice of the Supreme Court  
Judge of the Court of Appeals  
Judge of the Circuit Court  
Judge of the District Court  
Grayling Township Proposal  
City of Grayling Proposal  
County Millage Proposals (1 & 2)  
State Proposal's (1 - 4)

The following polling places will be open at 7:00 A.M. and remain open until 8:00 P.M. on Tuesday, November 5, 2002.

101	Beaver Creek Twp. Office, 8888 S. Grayling Rd., Grayling, MI 49738
201	Frederic Twp. 7565 West Co. Rd. 612, Frederic, MI 49733
302	Grayling Twp. Office, 2090 Viking Way, Grayling, MI 49738
304	" " "
305	" " "
306	" " "
307	" " "
401	Lovells Twp. Office, 8405 Twin Bridge Rd., Grayling, MI 49738
501	Maple Forest Twp. Office, 8996 N. Sherman Rd., Frederic, MI 49733
601	South Branch Twp. Office, 5245 M-18, Roscommon, MI 48853
701	Grayling City Office, located Grayling Middle School, Grayling, MI 49738

Sandra Moore  
County Clerk

## PUBLIC AUCTION SALE STATE LAND

ALGER, ARENAC, BARAGA, BARRY, BAY, BENZIE, BRANCH, CALHOUN, CASS, CHIPPEWA, CLARE, CLINTON, CRAWFORD, DELTA, DICKINSON, EATON, EMMET, GOGEBIC, GRAND TRAVERSE, HOUGHTON, INGHAM, IOSCO, IRON, KALAMAZOO, KALKASKA, LEELANAU, LIVINGSTON, LUCE, MANISTEE, MARQUETTE, MASON, MECOSTA, MISSAUKEE, MONROE, MONTMORENCY, MUSKEGON, OCEANA, OGEMAW, ONTONAGON, OSCOLA, OSCODA, OTSEGO, OTTAWA, SAGINAW, ST. CLAIR, ST. JOSEPH, SCHOOLCRAFT, SHIAWASSEE and TUSCOLA Counties

November 20-22, 2002

Holiday Inn South • 6820 South Cedar Street • Lansing, Michigan  
517-694-8123

BIDDER REGISTRATION BEGINS AT 9:00 A.M.  
AUCTION BEGINS AT 10:00 A.M.

The State of Michigan reserves the right to reject any and all bids.

Lists of offered parcels are available at the above-listed county treasurers' offices and on the Internet at [www.michigan.gov/nr/sales](http://www.michigan.gov/nr/sales) courtesy of:

MICHIGAN DEPARTMENT OF NATURAL RESOURCES  
OFFICE OF PROPERTY MANAGEMENT  
PO BOX 30448  
LANSING, MICHIGAN 48909-7948  
517-373-1250

(248-13)

## ATTENTION CONTRACTORS

Frederic Township Fire Department is looking for a contractor to build a 40' x 60' x 12' garage on existing foundation. Looking to be built in either conventional or sip panels.

Minimum Requirements:  
2x6x12 Walls  
Insulated  
1/2" OSB Inside and Out and Ceiling  
Premium Vinyl Siding (White)  
(4) 12' x 12' Overhead Doors  
(2) 3' Service Doors  
Roof Trusses 24" OC  
Steel Roof

For more information please see Chief Douglas Pratt to get a copy of blue prints. If approved by the Township Board, must be able to start once foundation is complete. Any questions please call (989) 348-8840 or (989) 348-8190. Any and all bids may be rejected by the Township Board. Bids will be accepted until 2:00 PM on November 7, 2002.

Douglas J. Pratt  
Frederic Twp. Fire Chief

VISIT US ON THE WEB:  
[www.townnews.com/avalanche](http://www.townnews.com/avalanche)



# FEATURES

## A LOOK AT OUR PAST FROM THE PAGES OF THE AVALANCHE

### 23 Years Ago October 25, 1979

Gov. William G. Millikin recently announced a \$70,455 grant to the Northeast Michigan Economic Development Association (NEMEDA) to spur economic development in a 14-county area in the northeast lower peninsula. NEMEDA, a non-profit corporation, was established in 1977 to aid and promote industrial and commercial development in Alcona, Alpena, Arenac, Cheboygan, Clare, Crawford, Gladwin, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon counties.

Li. Governor James H. Brickley was to have made the grant presentation at ceremonies here in Grayling on October 12th, but, plane trouble forced him to cancel his visit. A telephone message to NEMEDA members on hand at the Holiday Inn, from Brickley, confirmed the grant and said, "by combining financial and personnel resources through the Northeast Michigan Economic Development Association, the area as a whole can employ skilled professionals which each county by itself simply could not afford."

The grant will permit Northeast Michigan to employ an economic development director and three development coordinators and NEMEDA members are making plans now to screen potential candidates for the positions.

The state will participate in the NEMEDA program for a maximum of three years, Millikin said, after

which time it is expected to be totally supported from local sources.

Local realtor John Naour was chosen by the Water Wonderland Board as Realtor of the Year for 1979. John was also elected as a Director for the Michigan Association and also serves on the State Political Affairs Committee. He has been associated with Cornell Realty for the past seven years and has been very active in community and board affairs.

Work will continue throughout the winter months, mostly inside, on the \$8 million dollar addition and renovation program at Mercy Hospital, here in Grayling.

Construction is right on schedule and occupancy is expected about March 1st of next year. When the addition is completed, workmen will move into the existing hospital building where renovation there will begin with an anticipated completion date of September 1980.

### 46 Years Ago October 25, 1956

The Grayling Winter Test Site at Grayling Airport is preparing for another season of snow removal tests. A group of 9 men from the engineering Research and Development Laboratories at F. Belvoir, Va., reported Monday to the area. They are all privates, all graduate engineers. After a week's schooling here they will be split in half, one half remaining here and the other going to another test site at Raco, in the U.P., for a period of 210 days.

Irving McIsaac, Bill Hall, and

Bud Darrow of Mackinaw City spent the weekend near Bay City for some small game hunting.

Fred Bear left Sunday for a week's hunting at the Phil DeGraf lodge at Trout Lake, in company with friends from Chicago and Virginia.

The American Legion and Auxiliary plan a dedication of the Legion Hall and bowling alleys on Saturday, November 10th, followed by a dinner-dance. The program for the day begins with registration at the Legion Hall at 1 o'clock. From 1 to 4 p.m., there will be a social hour and tour of the area for anyone interested.

A parade of Legionnaires and the Grayling High School Band will begin at 4 p.m. going through the downtown area and ending at the Legion Hall. This will be followed by the flag ceremony.

The Woman's Club met Monday night at the home of Mrs. Jack Mason. Mrs. Ed Rodda introduced the guest speaker, Mr. Fenn Holden, well-known local man, who has been what he terms a "birder" for several years. Through the Camera Shop at Traverse City he became interested in making bird pictures, which he does with a telescopic lens, providing beautiful close-up pictures. The 40 ladies present were very interested in the color and detail shown in Mr. Holden's pictures.

Mrs. Jack Alef conducted the business meeting, covering phases of the Club's work for the year.

Mrs. Earl Burns was named Girls' State Chairman for the year.

### 69 Years Ago October 26, 1933

Misses Agnes and Ann Hanson left yesterday afternoon to spend

several days in Detroit.

Special for Friday and Saturday at Betty Mae Beauty Shoppe, marcel 35 cents; fingerwave 35 cents; shampoos and gingerwave 65 cents.

Mr. and Mrs. Gerald Poor will spend this coming weekend at Olivet College, attending the homecoming of their alma mater, and the dedication of the new dormitory for women.

Willard Cornell refereed a football game at Boyne City last Saturday between the High School of that place and Charlevoix, the latter winning, 7 to 6. He was accompanied by Mr. and Mrs. Gerald Poor.

### 92 Years Ago October 27, 1910

M.A. Bates has secured the services of Alan Morseman to take charge of the mechanical department of the city telephone line, and anticipates entire personal rest from that care as Mr. Morseman is an expert.

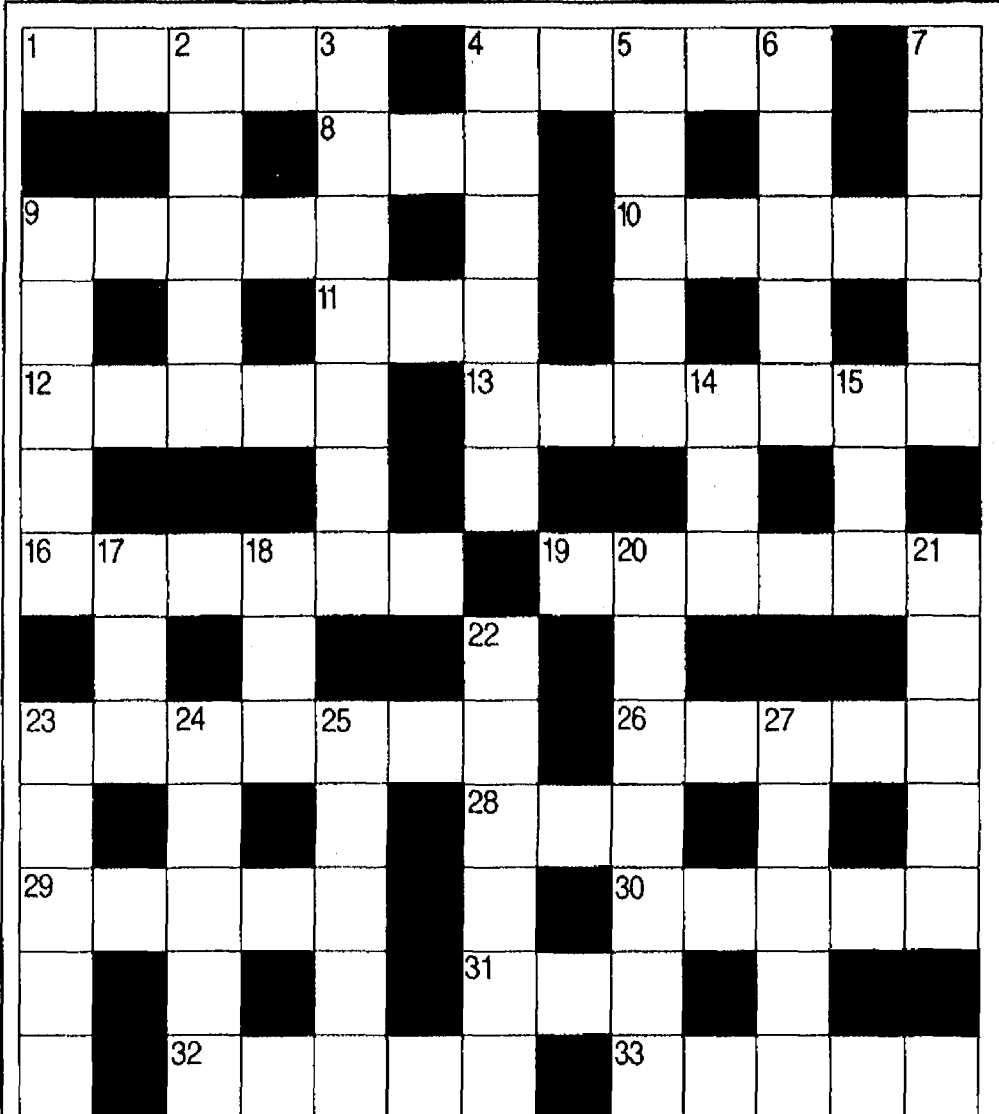
C.W. Ward of Maple Forest is in Detroit this week overhauling his yacht, with which he will make a tour of the lakes with a part of his friends immediately after election.

We are indebted to Axel Michelson for a double brace of canvas-back ducks, which came out of a bunch, of 72 taken by their little party on Houghton Lake one day, the first of the week.

C.F. Underhill of Lovells returned from New York Friday and expects to clean up about \$50,000 on his last winter's work.

Fred Bloom is doing a good job for C. W. Ward by plowing and pulverizing the ground around the boulevard. We expect to see this seeded to grass when completed.

## CROSSWORD



### CLUES ACROSS

1. Doctrine
4. Steam bath
8. Hot beverage
9. Map
10. Rapture
11. Tear
12. Stadium
13. Listless
16. Good-looking
19. Free from risk
23. Aperture
26. Awaken
28. Convent sister
29. Slack
30. Imbecile
31. Sped
32. Bisect
33. Heredity factors

### CLUES DOWN

2. Abrade
3. Charm
4. Specimen
5. Of the city
6. Goodbye
7. Soothed
9. Grip
14. Jewel
15. Tavern
17. Strike smartly
18. Sunburn
20. Daybreak
21. Choose
22. Disregard
23. Lubricated
24. Era
25. Perfect
27. Coalition

### ANSWERS IN THE CLASSIFIEDS

### RECIPE OF THE WEEK

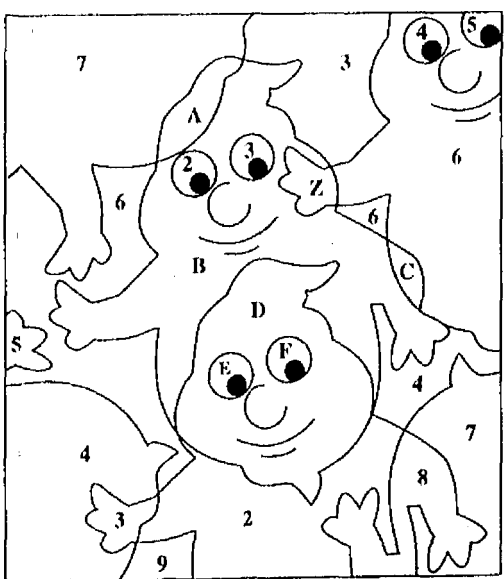


Blueberry-Maple Breakfast Bake

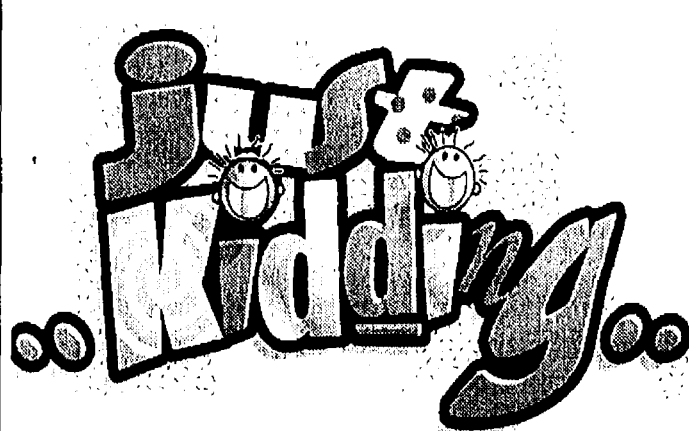
1 loaf (14 ounces) challah or other white bread  
4 ounces reduced-fat cream cheese  
2 cups fresh, frozen or canned (drained) blueberries, divided  
8 eggs, beaten  
1-1/2 cups milk  
1/4 cup maple syrup  
1/4 cup melted butter  
Preheat oven to 350°F. Remove crusts from bread; cut in 1-inch cubes. Cut cream cheese in small cubes (makes about 1 cup). Grease a 9-

x 9- x 2-inch baking dish. Place half of the bread cubes in the dish. Scatter cream cheese cubes and 1 cup of blueberries over the bread. Top with remaining bread cubes and blueberries. In a bowl, combine eggs, milk, maple syrup and butter. Carefully pour over bread mixture. Bake until a knife inserted in the center comes out clean, about 1 hour, covering with aluminum foil if edges brown too much. To serve, cut in squares. Accompany with additional maple syrup, if desired.

### HIDDEN PICTURE



Color in each space that contains a letter.

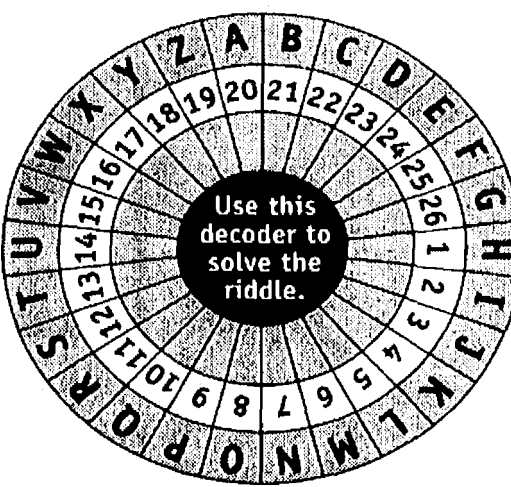


**DID YOU KNOW**  
A group of pheasants is properly referred to as a nye.

### SECRET CODE

What did the witch want from the hotel clerk?

21 11 8 6 12 24 11 15 2 22 26



## Adopt a Pet



Sarah is a great cat who believes her home is the Animal Shelter. She greets everyone who visits. She is a pretty Calico female approximately 1 year old. Sarah is spayed, leukemia tested and vaccinated, and rabies vaccinated. She can be adopted for only \$75. Please call 348-4117 for more information on opening your home to a homeless animal. Or, e-mail: animal\_director@yahoo.com.

Although the save-share, Escript program has been discontinued at Glen's Market, store patrons should still remember to cut out and save UPC codes from Spartan brand products and pass them along to the shelter. Either drop the UPC codes off at the shelter (see address below) or mail them to: ASCC, Inc., P.O. Box 384, Grayling, MI 49738.

Our "Creature Comforts Cookbook" is still available for a donation of \$15. Stop by the Shelter, the Avalanche, Riverland Gear, The Medicine Shoppe, or Stevens Family Circle and get your copy today.

The Animal Shelter of Crawford County is located at: 508 1/2 Huron Street (M-72 East) in Grayling Between the Road Commission and the Eagles Hall

Hours: Mon. - Sat. 9 am - 1 pm; Sun. and Holidays 8 am - 11 am After hour appointments available. Call (989) 348-4117

## HOROSCOPES

For the Week of October 24, 2002



December 22-January 19

Analyze a new idea and see if it will really work—you could be in for a pleasant surprise! A fun activity lets you express your feelings to others, and you gain their approval.



March 21-April 19

Spending time alone gives you a sense of direction, while spending time with family and friends gives you a sense of purpose. A special date deserves to be remembered.



June 22-July 22

Others are watching to see if you can practice what you preach. Be aware of this and respond accordingly. You could receive a special award or recognition for a job well done.



September 23-October 22

New information lets you see circumstances as they really are, and you now understand why certain things were said and done. Splurge a little.



January 20-February 18

This is a time for family and friends, love and laughter. Let others know you appreciate them and what they do. Amidst this, keep an eye on finances and investments.



April 20-May 20

Opportunity knocks, and you are ready to throw the door wide open! A small purchase brightens your surroundings and lifts your spirits. Health and diet issues need special attention.



July 23-August 22

A major purchase or investment requires you to get all the information available and study it carefully. Be diplomatic in dealing with older friends or family members.



October 23-November 21

Your long-range plans may seem stuck in a holding pattern but that will soon change, so stick with them and don't be swayed by quick fixes. Schedule some quiet time for yourself.



February 19-March 20

Your actions come under scrutiny but don't worry—someone in authority has been watching and is favorably impressed. A bonus or promotion lifts your spirits.



May 21-June 21

Make time for a favorite hobby or activity. It's time to balance your life and your priorities, and concentrate on what's really important. Don't be afraid to try something new!



August 23-September 22

You get a helping hand and some much-needed encouragement from an unlikely source. Remember to say, "Thank you." A social invitation or outing with friends is planned.



November 22-December 21

Keep a sticky situation from developing by seeking out advice and answers from an old friend or family member. Watch and listen before making a major move.

## WEATHER

Courtesy of the City of Grayling

Last Week				Extended Forecast					
Date	H	L	Rain	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
10/16	57	24		High 39	High 43	High 43	High 43	High 46	High 48
10/17	44	27		Low 25	Low 28	Low 29	Low 28	Low 29	Low 30
10/18	44	27	.08						
10/19	46	29	.27						
10/20	43	28	.01						
10/21	38	27		Cloudy	Cloudy	Mostly Cloudy	Mostly Cloudy	Partly Cloudy	Showers
10/22	41	30	.38						



# ADVERTISING CLASSIFIED

**Classifieds must be paid for in advance**  
 Display Advertising Rate - \$6.30 per column inch  
 Deadline for Display Classifieds - 12 noon, Monday  
 Classifieds by the word rate - \$4.40 for 15 words or less, 10¢ per each additional word; includes Internet listing:  
[www.townnews.com/avalanche/](http://www.townnews.com/avalanche/)  
 Classified by the word deadline - 12 noon, Tuesday

## Crawford County Avalanche

### 1. Real Estate

**NINE APARTMENTS** and Living Quarters and four nice motel units with Jacuzzi's. \$40,000 down. Land Contract terms. (989) 348-8959 (7/11/02)(f/1)

### 1. Real Estate

**ELEVEN BUILDING SITES** Just off paved road, one mile from city limits. 1/2 - 1.3 acre parcels starting at \$10,500. Call (989) 348-1482 or (989) 344-1031. (-17-24/1)

### 1. Real Estate

**FOR SALE BY OWNER** 301 Red Tailed Hawk Loop. 3 bedroom, 1 1/2 bath, approx. 1,056 sq. ft. Renovated in 1997 Kitchen cabinets, counter tops and floor coverings. Thermopane windows, natural gas, and underground utilities. All this on a 123X200 corner lot. \$80,000. Call (989) 348-9058 after 5 p.m. during the week, anytime on weekends. (-17-24-31-7/1)

### 1. Real Estate

**HALLOWEEN PARTY - SWAMP II** Frederic, Saturday, 8 p.m. to 1 a.m. Prizes for best costumes. (-24/1)

### 1. Real Estate

**LOW LOW MORTGAGE RATES** Loan Closing three weeks or less. Northland Area Credit Union. 1-800-336-2328 (8/8/02)(f/1)

### 1. Real Estate

**MANY NORTHERN MICHIGAN PROPERTIES** [www.century21grayling.com](http://www.century21grayling.com) (1/7/99)(f/1)

**MOBILE HOME PARK & Camp** Ground Land Contract terms. (989) 348-8959 (7/11/02)(f/1)

**ONE ACRE LAND** for sale by owner. West Five Mile Rd., Grayling. \$14,000 (303) 805-2248 (LR11/7/02)(f)

**FREE LIFETIME Golf & Ski** Memberships with lot purchase. Lots priced from \$29,900 to \$89,900 Offer ends soon. Skyline Ski & Country Club. (989) 275-5445 (-24-31/1)

### 2. For Rent

**OFFICE/RETAIL SPACE** for rental, 1,200 sq. ft. immediate opening in neon plaza, Kalkaska. Call Sandy (231) 258-8377 between 9:00 to 3:00. (10/24/02)(f/2)

**CLEAN, ONE BEDROOM DUPLEX**, three miles from town, utilities included. \$350 a month, security deposit and references required. No pets. (989) 348-8386 (-24-31-7-14/2)

## MORTGAGES



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Home Equity

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Jeanne Lee

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1-800-794-3440

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Traverse City, MI  
49686

**SALE BY OWNER COMMERCIAL BUILDING**  
on I-75 Bus. Loop, 1750 sq. ft., HVAC, 220 3 phase, 2 restrooms. Presently a restaurant.  
Call 517-422-4681

**FOR SALE SHOPPENAGON'S INN**  
• 15 Hotel Rooms  
• Dining Room Seats 250  
• Fully Equipped Kitchen/Prep Area  
• Lounge Bar Seats 70  
• Two Basement Bars  
• Class B Hotel / Entertainment License  
• 1/2 Acre Parking Lot  
**Asking \$599,500**  
Call Don Bowers  
989-348-7966

RIVER COUNTRY REAL ESTATE, INC.  
[www.century21grayling.com](http://www.century21grayling.com)

Well maintained and freshly painted three bedroom, two bath home is situated on two lots, has a deeded easement to the AuSable River, and backs up to state land. Featuring a master bedroom suite, solid 6 panel wood interior doors, large kitchen island, paved driveway, shed, and tons of beautiful landscaping! **\$128,000**  
#5043. Ask for Connie!



Century 21

River Country Real Estate  
2375 S. I-75 Bus. Loop  
(989) 348-5474



### 1. Real Estate

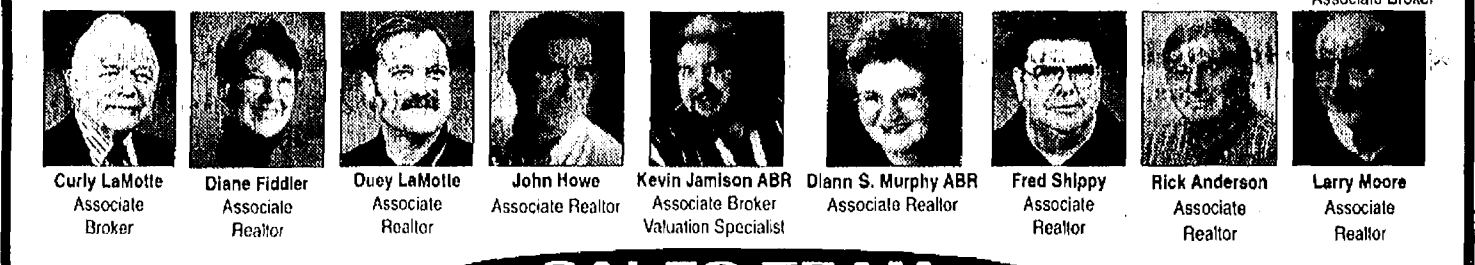
## CALL COLDWELL BANKER

1-75 Business Loop (South) • Grayling  
989-348-6481 • 800-300-6653  
Visit our listings at  
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www.coldwellbanker.com



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Broker/Owner  
Bennie S. Odell ABR  
Office Manager  
Associate Broker



### SALES TEAM

**Mobile Priced Below S.E.V.** 12x60 foot 2BR, 1 bath mobile with roof-over and add-on. Includes deck and 2-car detached garage, and is located in a quiet subdivision. This is a great starter home, listed below S.E.V. \$27,000 #2234167

**Perfect Weekend Cabin!** Great 2 BR, 1 bath weekend cabin. Large 24 x 32' garage with a 12' x 24' lean-to. Property adjoins state land to the East and West. Excellent area for snowmobiling. \$49,500 #223417

**Walk to Lake Margrethe!** This is a good location, as Lake Margrethe is just down the road from the property 3 BR, 2 bath mobile is older, with large yard, being sold "as is." Not a drive-by, priced to sell! \$28,900 #223493

**Beautiful Brick Home on the AuSable!** 4 BR, 2 bath brick home with 123 feet of frontage on the AuSable River. Well maintained, 1 mile from town but with wildlife at every turn. Home is listed below S.E.V. for instant equity. Garage can be built for additional \$12,000. \$149,000 #223480

**MORTGAGE FINANCING**  
We'll beat any lender's price or pay you \$250.\*  
We'll make a same-day loan decision or pay you \$250.  
We'll close your loan by your requested closing date or reduce your interest rate by 1/8th of one percent for the life of the loan.\*\*  
**1-888-891-7271** Toll Free

**Country Charm in the Woods!** Ready to move into! This spacious, quality constructed 3 BR, 2 bath country home on 5-block acre is nestled in the woods. Plenty of closets and storage. Home has 22'x12' screened and glass porch with hot tub. Garage 28'x28' with work area and concrete floor. Not a drive by! \$104,900 #223474

**Great Swimming - Snowmobiling - Hunting - Fishing!** 5/10 mile from groomed snowmobile trail, filtered view of Bear Lake. 768 s.f. log cabin, 2 bedrooms, 1 bath, newer kitchen cabinets, linoleum, and carpet. Noat & clean great up north getaway. Located on blacktop county maintained road. CH-1649 \$39,900

**PRIVATE SETTING ONLY 1/2 MILE FROM CITY LIMITS!** Beautiful 2,128 s.f. family home in private setting only 1/2 mile from city limits. Family room with fireplace, doorway onto 13x17 rear patio. 3 BR, 2 1/2 baths, open staircase, second level balcony, formal dining room, large eat-in kitchen, and den. Stove, refrigerator, dishwasher, and microwave. Private drive, mature Red & White Pines and Oak trees. Underground electric fence, gas log fireplace insert. Recent Mortgage Survey and Appraisal in file. CH-1618 \$143,000

**SPOTLESS NEWLY REMODELED RANCH HOME** located in Sherwood Forest an ideal family neighborhood. 1,388 s.f., 2 B/R, 1 + bath, sun room, new carpet, freshly painted, new appliances. Partially finished basement with 2nd kitchen, bar, shower, utility room, and fireplace. 16 x 24 attached garage, blacktop drive, gazebo, large landscaped lot. Home purchaser has first option on additional lot 13 available for \$12,000.00. CH-1632 \$85,900

**Nice Mobile with Land Contract!** Nice 3 Br, 1 bath mobile, ready to move into. Land contract terms: \$43,500, 15% down, 10.5% interest, 3-year balloon; or \$39,500 cash or new mortgage. \$43,500 #223326

**Beautiful Views!** Very unique 3 BR, 2 bath home that sits on top of a hill with a beautiful view. Home offers an all second interior, metal roof, newer vinyl windows, huge garage (32x46), adjoins state land, snowmobile trails in all directions and not far from cross country skiing trails. \$98,500 #223322

**2.5 Acres in "Log Only" Sub!** 2.5 acre building sites in "Log Only" restricted subdivision. Lots F & D-1 back up to state land. Very nice mixture of hardwoods. Prices range from \$16,900 to \$19,900 #222373-222381

**5.7 Acres with Building Site!** 5.7 acres of partially rolling hardwoods with open land for horses. Land Contract Terms available and adjoining parcels also for sale. \$19,000 #13907

**10 Acre Parcels w/Land Contract Available!** Nice 10 acre parcels with state land only 1/4 mile away. A great spot for a cabin, home, or just a camping site. Lots of deer in the area and 90% wooded. Land Contract Possible. Prices range from \$28,900 to \$29,900 #222624-222637

**Comfortable Home in City!** Great 3 bedroom, 1 1/2 bath home with many updates. Newer steel roof, 2-car garage, natural gas, city water. A must see, priced to sell! \$79,500 #223309

**30 Acres of Farmland and Forest!** This property could have many uses. About 20 acres of field for farmland or horses, about 10 acres of beautiful large trees, most are maples. Excellent building sites. \$89,900 #222682

**Lake Front Lot Plus 40 Acres!** Very rare frontage on beautiful Kneff Lake. This clear, cold lake is excellent for swimming and trout fishing. Also includes 40 acres of excellent hunting land. 1/16 ownership in a common 40-lake lot adjoins federal land. ACT FAST!! \$129,900 #221297

**Very Wooded 4 Acres on the AuSable River!** 224' of frontage on the South Branch of the famous AuSable River. This desirable acreage is on blacktop, very wooded and great building site. \$49,500 #222546



**Bringing You The Best In Customer Friendly Service!**



**VICTORIAN HOME WITH TRADITIONAL ELEGANCE!** 4 bedroom, 2 bath recently remodeled. New oak kitchen cabinets & appliances. Pergo floors. Formal dining room, large living room with fireplace, full basement. 2 car garage on double city lot. CS-1311 \$169,000



**BEAUTIFUL HOME IN FOX RUN ESTATE!** 4 brms., 3 baths. Large master suite includes Pearl jacuzzi, separate shower & walk-in closet. Hickory cabinets. Breakfast nook, formal dining room, game room, office nook. Central vacuum, underground sprinkler system. CS-1490



**THIS 2 BEDROOM**, one bath home offers 1,178 sq. ft. Large kitchen and dining room combination. Kitchen offers lots of cabinets. Large utility room with storage. 2 car detached garage with cement patio & apron. 15.5 x 8 enclosed porch and 10 x 30 covered porch. Convenient to shopping, schools, churches, etc. Bank selling as is condition with \$3,000 floor allowance! CS-1629 \$61,500



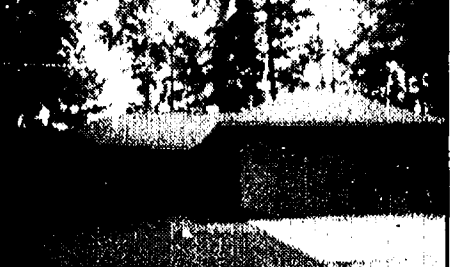
**LARGE FAMILY HOME** offers 3 bedrooms, 1 bath, with 2024 sq. ft. family room, living room, dining room, den, large utility room, fenced yard, double lot, newer vinyl siding, roof and windows. CS-1585 \$87,500



**Above the Crowd!**



**LAKE MARGRETHE ACCESS** cedar sided 1,400 s.f. Home, 3 B/R, 2 baths, master B/R suite w/built in wardrobe and entertainment center. Vaulted knotty pine beamed ceiling in great room. Kitchen has custom hickory cabinets and ceramic tile flooring and counter tops. Two doorways onto brick patio, split rail fence w/brick pillars, landscaped yard w/sprinkling system. Brick sidewalks, and planters. To include dishwasher, garbage disposal, micro, stove, and refrigerator. CH-1375 \$139,900



**GREAT RECREATIONAL PROPERTY ON 6.88 ACRES!** Adjoins State Land on 2 sides. 2 bedroom, 1 bath mobile with block addition. Offers 620 s.f. with partial block basement. Built over roof. 2 1/2 car detached garage with heater and electric door opener. Septic pumped 3 years ago. Well has new point in 2002. New pressure tank. Secluded setting in nice location. Lots of wildlife in area. CS-1603 \$46,500



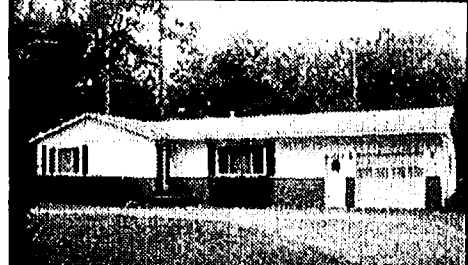
**250' FRONTAGE ON THE NORTH BRANCH** of the Ausable River and 466' frontage on the Big Creek. 4 acres of total seclusion amongst mature pine forest. 4 bedroom log getaway. Fieldstone fireplace in middle of great room. Cathedral ceiling with two fireplaces. Hardwood flooring, new kitchen, electrical, and steel roof. Screen porch, gazebo, and log workshop. Artesian well w/pump. This is truly one-of-a-kind setting. Most furniture included. CH-1648 \$189,900



**Country Charm in the Woods!** Ready to move into! This spacious, quality constructed 3 BR, 2 bath country home on 5-block acre is nestled in the woods. Plenty of closets and storage. Home has 22'x12' screened and glass porch with hot tub. Garage 28'x28' with work area and concrete floor. Not a drive by! \$104,900 #223474



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<http://www.remaxofgrayling.com>  
Office Hours: Mon. - Fri. 9 a.m. to 5 p.m. Sat. 9 a.m. to 5 p.m. Sundays by appointment only.  
**(989) 348-7440**









### 3. Employment

**J. DAP** has select Halloween and Fall Merchandise 30% off!!!! Hurry sale ends October 31. J. Dap is located at 118 Michigan Ave., in Grayling. (-24/5)

**MATHEMATICS INSTRUCTORS** Kirtland Community College is accepting applications for a part-time mathematics instructor to teach one or more courses during the Winter, 2003 semester (beginning January 17, 2003). Bachelor's degree with a major in mathematics required; master's degree and previous teaching experience preferred. Interested applicants should submit a letter of application, resume, credentials, and official transcripts to Human Resources Department, Kirtland Community College, 10775 N. St. Helen Road, Roscommon, MI 48653. Please indicate whether available for day or evening classes. Kirtland Community College is an equal employment opportunity/affirmative action employer. Visit our web site at <http://www.kirtland.edu> (-10-24/3)

### HELP WANTED

The City of Grayling is looking to fill 2 part-time secretarial positions. Interested persons should send their resume' to the Grayling City Office, 5688 M-72 West, P.O. Box 549, Grayling, MI 49738 by November 1, 2002.

### Open Pastor Position:

Lovells Community Chapel is seeking a Bible-based, ordained pastor to fill a part-time position. Lovely rural area with a sensitive and caring congregation.

Send Resume To:

Lovells Comm. Chapel Search Committee  
8133 Bald Hill Rd.  
Grayling, MI 49738

### Hospice RN Opportunities

Practice patient care where you can still make a difference. Spend time with your patients and families during the most challenging time of their lives. Hospice of Michigan is currently looking for RN case managers. If you are looking for a challenging yet rewarding position, this may be the job for you.

RN applicants must possess a current MI license and a minimum of 1-year nursing experience. Prior hospice/home care experience is preferred.

Hospice of Michigan offers competitive salaries and an excellent benefits package for Full Time employees. Forward resume and cover letter w/salary expectations to the following address:



Attn: Beth Konieczny  
128 North Court, Gaylord, MI 49735  
Fax: (989) 731-2897  
E-mail: [hkoniecz@hom.org](mailto:hkoniecz@hom.org)  
[employment@hom.org](mailto:employment@hom.org)  
[www.hom.org](http://www.hom.org)  
Equal Opportunity Employer

### Employment Opportunities at Otsego Memorial Hospital

Otsego Memorial Hospital, a growing provider of primary health care services in beautiful northern Michigan, is seeking individuals to fill the following positions:

- Coder.
- Dietary Aide (part-time)
- Phlebotomist
- OR Tech.
- Laboratory Specimen Processor
- CENA Extended Care (Contingent)
- Registered Respiratory Therapist
- RN, LPN, Extended Care (Contingent)
- Nursing Assistant Ward Clerk/Med Surg (Part-Time)
- Operations Manager, Physician Services
- Coding/Documentation Trainer, Physician Services
- Director, Performance Improvement & Accreditation

In Gaylord, our emphasis is on outdoor recreation and quality of life. We enjoy a healthful climate which is ideal for year-round sporting activities including golf, camping, boating, tennis, cross-country and downhill skiing, hunting, fishing, and more. Gaylord boasts a strong business community and award winning schools.

OMH offers an excellent full-time benefit package including health, dental, vision, life and disability insurance; discount prescription; continuing education/tuition assistance; pension and generous paid time off.

Applications are available online at [www.gaylordhospital.org](http://www.gaylordhospital.org) (click on Career link), or mail, fax or e-mail resume to:

Human Resources Department, Otsego Memorial Hospital  
825 North Center, Gaylord, MI 49735

e-mail: [hr@gaylordhospital.org](mailto:hr@gaylordhospital.org)  
Phone: (989) 731-2252 • Fax: (989) 731-7792



### 3. Employment

**OPPORTUNITY** - Hilltop Manor Health Care Center has an opening for a full-time Environmental Service Director. This position requires a working knowledge of OSHA (MIOSHA) and national fire and safety rules and regulations. Prefer five years experience in maintenance field. Supervisory/management skills a must. If you are the qualified candidate please inquire within at 1290 East Michigan Highway, Roscommon, Michigan. (-24-31-7/3)

**VACUUM TRUCK OPERATOR** Experienced vacuum truck operator with CDL is needed for environmental contracting firm. Minimum of CDL-BN endorsement. Good people skills and good driving record required. We can offer you a full time position with competitive benefits. Please apply at Northern A-1 Services, 2305 N. US 131, Kalkaska, Michigan. Fax resume to (231) 258-9971 or e-mail to [ginap@usliquids.com](mailto:ginap@usliquids.com) EOE (-17-24/3)

**MEDICAL SOCIAL WORKER** Part-time (32 hrs. per pay period) Mercy Hospital Grayling is seeking a person to provide social work services to patients and facilities within a medical setting. BSW/MSW or equivalent. Prefer some experience in a medical setting. We offer competitive wages and fringe benefit package. Interested persons please contact: Human Resources, Mercy Hospital Grayling, 1100 E. Michigan Ave., Grayling, MI 49738. Phone (989) 348-0528; Fax (989) 348-0485 (-24-31/3)

**HALLOWEEN PARTY - SWAMP II** Frederic, Saturday, 8 p.m. to 1 a.m. Prizes for best costumes. (-24/3)

### 3. Employment

**BE YOUR OWN BOSS** Control hours, increase income. Free info. [www.EscapeJob.biz](http://www.EscapeJob.biz) (888) 233-4134 (-17-24-31/3)

**ATTENTION:** Growing company needs help. Work from home. \$\$\$ PT/FT Full training. Free booklet. [www.cornradream.com](http://www.cornradream.com) (800) 934-7173 (-3-10-17-24/3)

**FORESTRY PROGRAM ASSISTANT** Michigan State University Extension is looking to fill the position of Forestry Program Assistant. This position is a part-time, clerical position working 19 hours per week without benefits. Applicants should have experience in using office-type computer software, possess good written and verbal communication skills and able to manage multiple tasks with minimal supervision. Position will be housed out of the MSU Extension office which is located in the basement of the Crawford County Building in Grayling. Send cover letter and resume: Sustainable Forestry Education Program, MSU Extension, 200 West Michigan Avenue, Grayling, MI 49738. Deadline for application is November 1, 2002. A more detailed job description is available upon request by contacting us at (989) 344-3263. (-17-24-31/3)

### 4. Services Offered

**COTTAGE SECURITY PATROL SERVICE** now available. I will give you peace of mind that your vacation home is safe and all systems operating. Contract rates available. Twenty five years of security experience. Call (989) 348-5355 to interview. (LR10/24/02/4)

**GOT WATER?** We can get it for you. Spencer Water Well Drilling and Service. David Carey (driller). (989) 382-7829 or (231) 409-4249. (LR10/24/02/4)

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### 4. Services Offered

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**FOR NEW HOME CONSTRUCTION**, add-on, garages, pole buildings, renovation, repairs, window and door replacement, roofing, siding. Metal roofs and ceramic tile, hardwood flooring. Call Cross Roads Construction, 6280 Atkinson Rd., Grayling, Michigan. Call (989) 344-0238 or (734) 644-6640 today for a complimentary consultation. (7/4/02/tf/4)

**IT'S R.V. WINTERIZING SEASON** Call the R.V. Doctor of Grayling Mobile R.V. Repair and Service. (989) 348-5674 "We Make House Calls" (-24-31-7-14/4)

**DAYS INN OF GRAYLING** would love to host your meeting, party or reunion. Let us set up and clean up! Room accommodates 60 people. Affordable overnight accommodations can be arranged. Call Misty or Heather today! (989) 344-0204 (-24-31-7-14/4)

**DRIVER'S TRAINING & Road Testing** is offered by the Grayling Drivers Training School. Register now for the January 6 class. Contact Howard Lehti (989) 348-8838. (LR12/19/02/4)

**THE LAST STAND MAINTENANCE** housekeeping, mowing, raking, gardening, repairs. Joe and Kathy (989) 348-1045, references available. (-17-24-31/4)

**PROFESSIONAL PHOTOGRAPHY** by Lee, Wedding packages, graduation special, one 11 x 14, two 8 x 10's four 5 x 7's, 100 wallets. \$425 Family Reunions, portraits, etc. (877) 288-0256 or (810) 343-3046. (LR11/7/02/4)

**TOM'S POLE BUILDINGS** Free quotes on all size buildings. Featuring Ultra 2000 siding & roofing. 4050 Industrial Dr., Harrison, Michigan 1 (800) 541-3974 [tomspolebuildings.com](http://tomspolebuildings.com) (2/7/012/4)

### 5. For Sale

**THERE ARE No Bad Weather Days!** Just Bad Clothing Days! Let the Winter Outdoor Clothing experts at Cross Country Ski Headquarters help make this winter your warmest and best every! Choose from Columbia, Woolrich, Boulder Gear and many more. We give you the Best selection, Best quality and the Best prices! Big Big Preseason Sale starts November 1. Open every day afterwards till the end of March. (Except Thanksgiving and Christmas Day) Located on the East side of Higgins Lake on Country Road 100. (989) 821-6661 (-24-31-7/5)

**WESTERN SNOWPLOW Sales & Service** Four Mile Welding. (989) 348-2613 (-3-10-17-24-31/5)

**20 GA S/S Uplander Stoger**, like new shotgun. \$275 firm. (989) 348-8573 (-24/5)

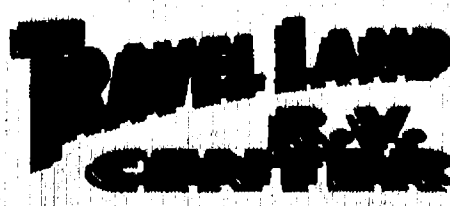
### Grayling Re-Do-It Re-Sale Shop

We sell furniture, decor for every room & collectibles.  
Open Tuesday - Friday 9-5 • Saturday 10-5  
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(One block North of Custers)

### 4. Services Offered

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on M-55 in Houghton Lake  
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e-mail: [travellandrv@voyager.net](mailto:travellandrv@voyager.net)  
Open 6 days a week or by special appointment

### 5. For Sale

**OAK FIREWOOD** Dry, dry, dry Barkless ready to burn. \$45 per face cord. Call anytime (989) 348-1870. (LR11/21/02/5)

**16 HP SIMPLICITY TRACTOR** 44" deck, leaf collection system, snowblade, weights, chains, \$2,600. Utility trailer. \$325 (989) 348-7950 (-24/5)

**WE HAVE AUTHENTIC** Black Hills Gold of incomparable quality and style. Darwin's Jewelry & Repair, 231 E. Michigan Ave., Grayling. (989) 344-1223 (-10-17-24/5)

**14 FOOT ALUMINUM BOAT** 4 h.p. Evinrude, gas can, oars. \$350 Call Pat at (989) 348-1782. (-24/5)

**WEED EATER** Leaf blower, like new \$50. Five drawer desk, Walnut, glass top \$50. Oak computer table \$100. (989) 348-4997 (-24/5)

**FIRE PLACE** Free standing ceramic with 14 ft. of stainless steel metal asbestos insulated pipe. Make offer. (989) 348-7179 (-10-17-24/5)

**EARLY SEASON SKI MEMBERSHIP** prices are now available at Hanson Hills. Call us now at (989) 348-9266. (-3-10-17-24-31/5)

**J. DAP** has select Halloween and Fall Merchandise 30% off!!!! Hurry sale ends October 31. J. Dap is located at 118 Michigan Ave., in Grayling. (-24/5)

**HALLOWEEN PARTY - SWAMP II** Frederic, Saturday, 8 p.m. to 1 a.m. Prizes for best costumes. (-24/5)

### 4. Services Offered



**MI-DAN**  
Want a fast affordable way to run your 2 x 2 display ad at a reasonable price and reach over 2.1 million readers? Then choose **MI-DAN!** For just \$949, you can place a 2 column by 2 inch display ad in over 75 publications.  
You may contact this newspaper for more information or Wendy Meier at Michigan Newspapers Inc.

## ARTHRITIS PAIN GOT YOU DOWN?

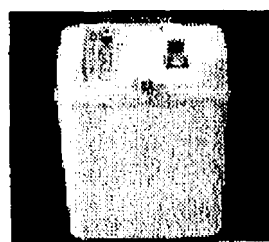
Manage your pain with Arth-Rx™

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# 7. Announcements

**4 X 8 Lighted Signs** and or tables and chairs for special occasions. Trash barrels for sale at Fick & Sons, Grayling. (989) 348-7647 or 1-800-292-9295. (7/25/02/f7)

**LOST \$50 REWARD:** Neutered male beagle mix. About 100 lbs. Mostly black, white around neck, chest, paws and on his snout. Brown on legs, sides of face and above his eyes. Groomed with long hair on his tail. Wearing a choke chain collar with no tags. Answers to Louie. Very missed. Last seen Sunday, October 13 in Industrial Park, West M-72. Please call (989) 348-8087. (-17/7)

**FREE MAGIC CHEF** Four burner electric range with oven, good condition. Call (989) 348-4040 after 6 p.m. (-24/7)

**FREE UPRIGHT BOX PIANO** You haul away. (989) 344-9244, leave message. (-24/7)

**WANTED BEAR ARCHERY** and Fred Bear Artifacts, pictures, letters, cards, lamps, magazine racks, etc. For my own personal collection please call Pete Kocenas (989) 348-8627 or 1-800-848-1268 (9/26/02/f7)

**HALLOWEEN PARTY - SWAMP II** Frederic, Saturday, 8 p.m. to 1 a.m. Prizes for best costumes. (-24/7)

# 8. Announcements

**KARAOKE FRIDAY AND SATURDAY** night 9-? Plaza Bar. Come and join the fun. (1/24/02/f8)

# 8. Announcements

**KENQUEST HOUSE**, in Grayling is seeking volunteer to mentor pregnant teens and/or teens with babies. Responsibilities can vary according to your availability and/or interest. Specific ideas or gifts to share can include: coach for Lamaze and birth of child, attend a football game or special classes with teen, i.e. (jazzercise) or give a teen Mom a break from parenting by watching her child one night. If interested please call (989) 348-5922 Tuesday through Friday from 9:30 a.m. to 4:30 p.m. and ask for Pam. (-10-17-24-31/8)

**FISH FRY IS BACK** Friday 5:00 to 9:00. \$7 per dinner. Fries, coleslaw, roll included. Two Track Inn, 3997 M-72 East. (-3-10-17-24/8)

**COURTESY DRIVING SCHOOL** Classes to be held at Community of Christ Church in Grayling. November 5 - December 10. See ad in Avalanche for additional sign-up dates or for more information. Call 1-800-256-9959. (-24-31-7/8)

**SCHOLARSHIPS GRAYLING LODGE #356** F & AM is giving scholarships for the 2003 school year to students who have completed one year of college. For applications, write to Grayling Lodge #356 F & AM, P.O. Box 207, Grayling, MI 49738 and return the application by January 31, 2003. (-17-24-31/8)

# 8. Announcements

**GRAYLING HOLIDAY INN'S** Speakeasy Saloon live entertainment. Wednesday thru Saturday bands playing. Oct. 23 - Oct. 26 CP2, Oct. 30 - Nov. 2 Uncle Ugly, Nov. 6 - Nov. 9 FYI. Happy Hour is back! 11 a.m. to 9 p.m. 25 oz. drafts, \$2; Bass Ale and Guinness Stout, 25 oz., \$5. (-24-31-7/8)

**EARLY SEASON SKI MEMBERSHIP** prices are now available at Hanson Hills. Call us now at (989) 348-9266. (-3-10-17-24-31/8)

**KENQUEST HOUSE**, located in Grayling is seeking Pro-life homes that would consider licensing for Foster Care. Young women 13-17 who are pregnant or parenting a child need pre or post placement alternatives. Pre-placement would involve a short-term placement of adolescent and baby. Kenquest House is a state-licensed child caring institution housing adolescent and their children and will work directly with the adolescents while residing in your home. If interested please call (989) 348-5922 Tuesday through Friday from 9:30 a.m. to 4:30 p.m. and ask for Pam. (-10-17-24-31/8)

**HALL RENTAL - ALL OCCASIONS** Seats 50 to 350. Fish fry first Friday of every month, all you can eat fish and wing dings, \$7 adults, \$4 children, cash bar. Bingo every Wednesday at 6:30 p.m. Knights of Columbus Hall, 604 Norway St., Grayling. (989) 348-2929 (-10-17-24/8)

**NOW AND AGAIN STUDIO** is having a 50% off gift sale through the month of October. Stop by and check out the incredible savings. (989) 344-2232 (-24/8)

**MIO ATHLETIC BOOSTERS CRAFT SHOW** Saturday, October 26th 10 a.m. to 4 p.m. Mio AuSable High School Free Admission Door Prizes

# 8. Announcements

**HUGE CHRISTMAS AROUND THE WORLD SALE** 50% OFF Retail Items  
*House of Lloyd Christmas Around the World Is Out of Business*  
**Where:** American Legion, Grayling  
**When:** Saturday, October 26, 2002  
**Time:** 10:00 a.m. to 6:00 p.m.  
Cash & Carry Hall is on I-75 Business Loop

# 8. Announcements

**SKIERS/SNOWBOARDERS** Season passes on sale until November 1. Student pass, \$150. Skyline Ski & Country Club. Call (989) 275-5445 or e-mail at skyline@freeway.net (-24-31/8)

**HALLOWEEN PARTY - SWAMP II** Frederic, Saturday, 8 p.m. to 1 a.m. Prizes for best costumes. (-24/8)

**MONDAY NIGHT FOOTBALL** Kickoff Party., October 28. 23 oz. drafts \$1.75. Free munchies and hot wings. Door prizes. Sponsored by Budweiser and Fabiano Brothers Distributing at Skyline Ski & Country Club. (989) 275-5445 (-24/8)

**SKYLINE RESTAURANT SPECIALS** Thursday night, 8 oz. Prime Rib dinner \$9.95. Friday night all you can eat Deep Fried Icelandic Cod Fillet dinner \$9.95. Pan Fried Lake Perch or Walleye dinner \$11.99. Deep Fried Breaded Cod Basket \$5.99. Saturday night BBQ rib. 1/2 slab \$9.95, full slab \$12.95. 12 oz. Ribeye steak \$12.95. All dinners are served with salad bar soup and potato. Other specials served daily. (989) 275-5445 (10/24/02/f8)

# 9. Personals

**HAPPY 20TH BIRTHDAY** to Jason Colten at CMU, October 29. Love, Mom and Dad (-24/9)

**NOVENA TO ST. JUDE** May the Sacred Heart of Jesus be adored, glorified, loved, and preserved, now and forever. Sacred Heart of Jesus, have mercy on us. St. Jude, worker of miracles, pray for us. St. Jude helper of the hopeless, pray for us. Say this prayer nine times a day for nine days. By the eighth day, your prayer will be answered. Publication must be promised. Thank you, St. Jude. X (-24/9)

**HAPPY 40TH BIRTHDAY**, Trisha Snider (old, but not forgotten). From all your in-laws. (-24/9)

# 9. Personals

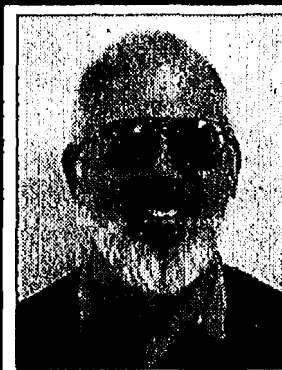
**DAYS INN OF GRAYLING** would love to host your meeting, party or reunion. Let us set up and clean up! Room accommodates 60 people. Affordable overnight accommodations can be arranged. Call Misty or Heather today! (989) 344-0204 (-24-31-7-14/9)

# 10. Garage Sales

**ESTATE SALE** Saturday, October 26, noon to 6 p.m. Sunday, Oct. 27, 9 a.m. to 1 p.m. 9171 CR 612, Frederic Township, five miles west of I-75 exit. Antiques, furnishings, and miscellaneous items all in excellent condition. (-24/10)

# 11. Automotive

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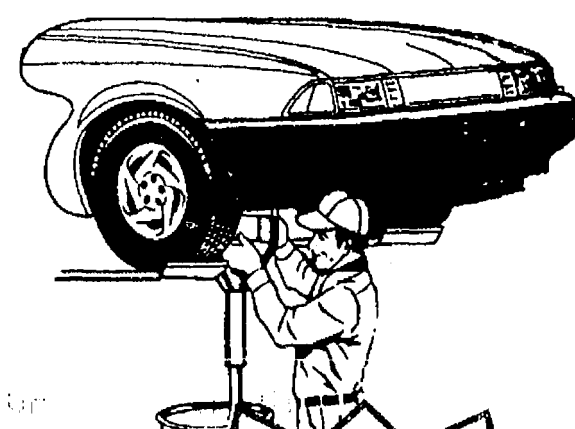
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**SO. CO LOG CABIN** 40 ac - \$89,900 Outstanding Rocky Mtn. views from the deck of this beautiful log cabin, close to 1,000s of BLM rec land. Enjoy rural living unbelievable prices. Call RCR toll-free 1-866-696-5263

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**ATTENTION DRIVERS!** \$500.00 Hiring Bonus for Michigan Trainees! Get Your C.D.L. and Hired in only 15 Days! Earn Up To \$900.00 Weekly Plus Benefits! 1-800-803-2991

**DRIVERS: NORTH AMERICAN** Van Lines has openings in Logistics, Specialized Truckload, and Household Goods fleets. Minimum of 6 months o/t/r experience required. Tractor lease/purchase available. 800-348-2147, Dept. MIS.

**KEEP ON TRUCKIN!** CFI is now hiring company \*Owner Operators \*Singles and Teams \* Loads with miles available immediately! Ask about our spouse-training program. Call 1-800-CFI-DRIVE www.cfidrive.com

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**\$800 WEEKLY SALARY** mailing our Sales Brochures from home. No experience necessary. FT/PT. Genuine opportunity. Free supplies! Call 1-708-431-6800 (24 hours)

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# AUCTIONS

**ABSOLUTE AUCTION:** Bay Harbor, MI, november 9th. Golf Course Estate - new home, fully furnished. J.P. King Auction Co., Inc. 1-800-558-5464. Stephen L. Reeser, RE Broker.

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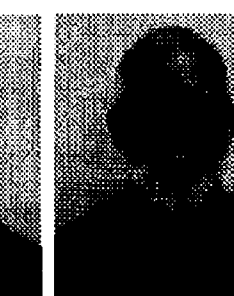


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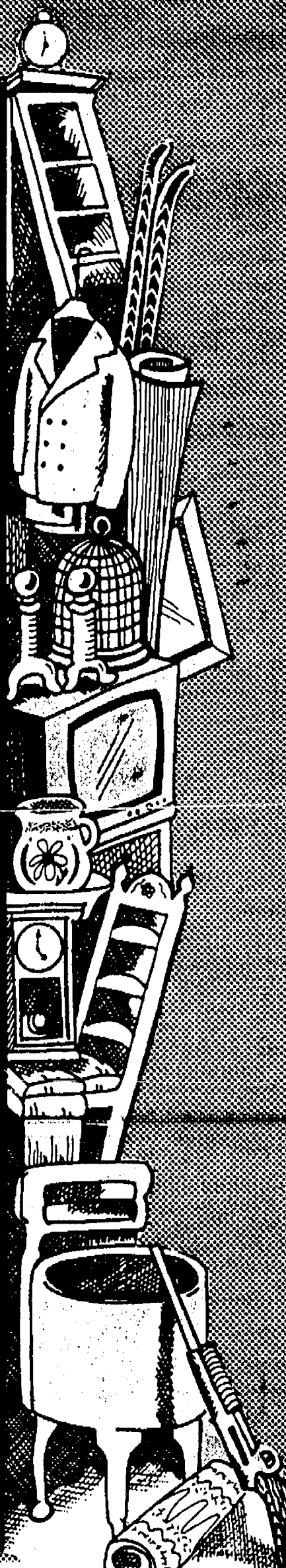


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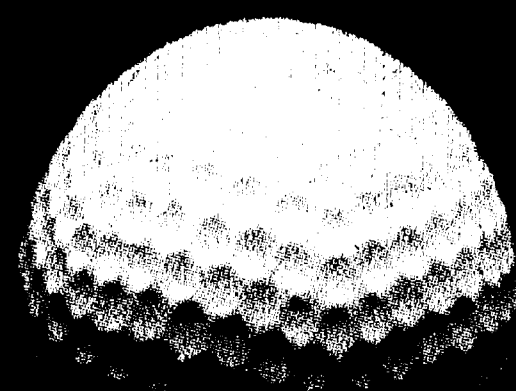
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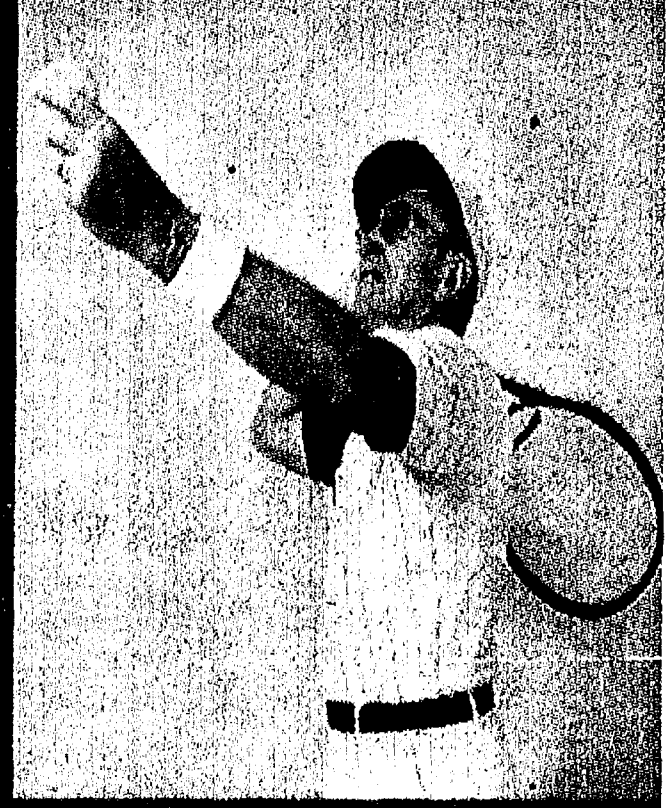




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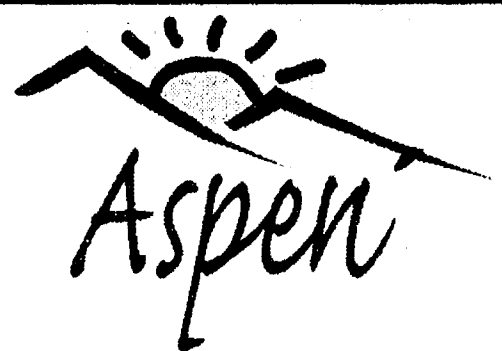


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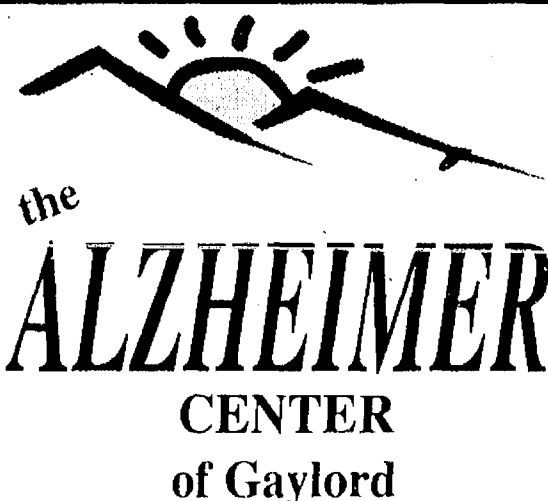
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# Golden years: a time to concentrate on you

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Not many people appreciate being called a senior citizen because although your body may be sending you messages that you're no longer in your twenties, your mind is still young and active.

The best way to keep your body from developing more problems is to keep it moving, so don't just stay at home, get out and enjoy.

This is not the time to let your mind stagnate either. Take a few minutes to think about all of those things you wanted to do but haven't yet accomplished. One or two of them might be possible now. Maybe you wanted to travel, learn

a foreign language, learn to paint, earn your high school diploma. Now's the time to set a new goal and go after it.

If physical disabilities keep you at home, find out if there are any exercises you can do to help yourself. Let your mind run free with books, audio books, and videos. A great variety of these items is available for loan from the local library and offer ways to learn a new language, visit other lands, or learn a new skill.

For more information on library services, call 348-9214.

Crawford County has a lot to offer senior citizens -- the services are here for you -- take advantage of them. Call the Commission on Aging at 348-7123 for more information.

## Report possible scams to stop those targeting seniors

Senior citizens across the country are the target of many scam artists. Unfortunately, Crawford

County seniors are not immune from this victimization.

If you think you have been approached with a scam or are sure you have fallen victim to one, please let the Sheriff's Department and/or the Grayling Police Department know immediately.

Beware of any offers that are "too good to be true" because they are.

Be especially careful of anyone who wants information including your social security, credit card or bank account numbers, or your balances. Investigate thoroughly before you give out any of this information.

Also, be very careful about people driving through your area who want to do repair work for you. Most of them want to be paid beforehand (supposedly to purchase necessary supplies) and never return. Those who do bring their own supplies, usually do a very poor job with inferior materials that do nothing to fix the (possibly non-existent) problem.

Just because the person at your door is neatly dressed and clean does not make

them trustworthy. If you don't know them, don't let them in your house. Ask for information about satisfied customers, and call only people you know to see if they really were satisfied.

Be very careful about volunteering information about yourself.

When telemarketers call, tell them you aren't interested and hang up, without giving them a chance to reply. Rude? Not really, they are rude when they try to pressure people into buying things they neither need or want.

You may interrupt the telemarketer and ask for the name and address of the company doing the solicitation. Tell the caller to place your name on the "Do Not Call" list. Then send written notice of your request to verify the placement of your name on the list.

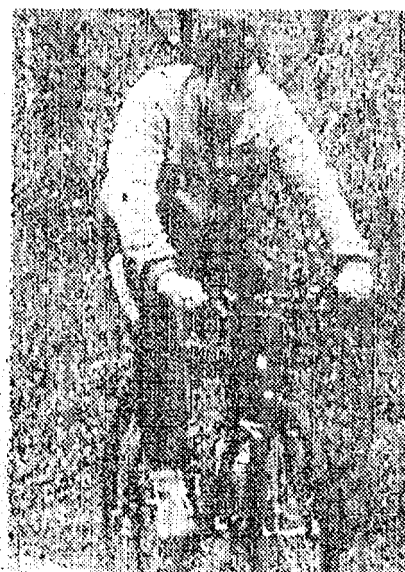
If you receive another call from the same company, contact the Attorney General's office: Michigan Attorney General, Consumer Protection Division, P.O. Box 30213, Lansing MI 48909 or call them at (517) 373-1140, or e-mail them at [www.ag.state.mi.us](mailto:www.ag.state.mi.us)

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# Hospice offers comfort during tough times

The aim of hospice care is to give the patient dignity and allow him/her to live every day to the fullest. With hospice care, most die in the comfort of their home.

Mercy Amicare Homecare and Hospice offers respect and compassion for those with a terminal illness. Gayle Willett, the Hospice Clinical Manager says the biggest problem is that people wait too late to start the program.

Hospice works with anyone who has been diagnosed with a terminal illness and has approximately six months to live. Willett said most of the patients are females over 65 although anyone is eligible. Most of the patients have Medicare, Medicaid or private insurance such as Blue Cross/Blue Shield although some have no coverage at all.

The prospective patient can be referred to hospice care by anyone. However, to actually initiate care a doctor must authorize the enrollment.

Hospice care must be

something the family wants and the process includes paperwork, taking a history of the patient, having a physical examination and undergoing an assessment. The patient's doctor may opt to keep providing care, share it with the medical director, or have the medical director assume care for the patient.

The team who coordinates all of the care for a patient consists of a primary care nurse, a social worker, a volunteer coordinator, a spiritual care counselor, the medical director, a bereavement counselor and a pharmacist.

The primary care nurse works with one to 10 patients and has a team of nurses and volunteers who also work with the patient.

Many people who qualify for hospice care do not take advantage of the services they provide. One of the primary goals of hospice is to make the patient comfortable and Willett said they see too many people who are in constant

pain because they don't have enough money for food and medication. Hospice funding provides for medication, which may include pain medication or oxygen. Hospice can also provide a hospital bed, or a walker or for a short stay in the hospital to get pain under control if necessary.

According to Willett, when people are in hospice for only a short time, they do not benefit fully from its services and family members do not get the same degree of help when it comes to coping with a terminal illness.

When a hospice patient passes away, all funding stops but the services don't. Hospice continues to work with the family for 13 months following the death, ensuring someone is there to help with the grieving process during tough times such as anniversaries, birthdays and holidays. This may be done with visits, phone calls, or through the mail.

## Keep your body moving

What is there for senior citizens to do in Crawford County?

A partial list has to include golf, canoeing, kayaking, and biking. Some golf courses and canoe rental businesses offer discounts for seniors, so be sure to ask.

The new sidewalks and trails offer a great opportunity for walks around town, to Hanson Hills or the high school, and it won't be too long before the trail extends to Hartwick Pines, which also offers relatively easy trails. Another relatively easy walk is at the Rayburn Estate, with entrance off of M-72, about 1.5 miles east of Grayling.

For swimming, there are a few lakes, but if you prefer indoor pools you'll have to go to the Otsego County Sportsplex or the

Kaliseum in Kalkaska. For water aerobics or injury rehabilitation, check out the programs conducted through the COA at local motel swimming pools. Customarily, pools at our local motels are for use by paying guests only unless otherwise authorized by motel management.

For those interested in organized workouts, check out Curves for Women, HardBodyz and Grayling Aikido Karate.

At various times throughout the year the COA holds dances and offers dance lessons. Check the monthly Senior Gazette or call the COA at 348-7123.

In the winter, snowshoeing and skiing - both downhill and cross-country are available at Hanson Hills.

Advertisement

## Hearing Loss is not a sign of old age.

Chicago, Ill. - Beltone has announced an interesting free offer to those who have trouble hearing conversation clearly. Beltone will mail a free non-operating model of one of their smallest canal hearing aids to anyone requesting it. The model is not a real hearing aid, but it does show how small better hearing can be. Many hearing problems can be helped. Find out today how Beltone's tiny digital hearing instruments can help you hear better and enjoy life more. The benefits of hearing aids vary by type and degree of hearing loss, noise environment, accuracy of hearing evaluation, and proper fit. So make sure you get hearing help from a name you can trust. Write for your free sample today. Send your name and address to Department 910, Beltone Electronics, 4201 West Victoria Street, Chicago, IL 60646-6772. David A. Beattie  
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# Hearing Aids From A to Z

(ARA) – Helen Keller, both deaf and blind from early in life, said that given the chance to recover one of these two senses, she would choose hearing because it would keep her in the intellectual company of those she loved. Hearing is a vital sense so often taken for granted – until we begin to lose it.

Hearing aids are a great help for those whose hearing loss is interfering with their communication with friends, family and the world around them. When you understand what you can and cannot expect from hearing aids, the challenges in your life will be that much easier to face and surmount.

**Anticipation** – The average American anticipates getting hearing aids for seven years before taking action by seeking a hearing health care professional. This represents years of procrastination and emotional torment not just for you, but also for your spouse, children, other loved ones and friends. The good news is that you have much to look forward to once you make the decision to proceed. Hearing aids have come a long way just in the past few years. Phenomenal technology is available, but it is up to

you to take advantage of it.

**Benefits** – Hearing aids offer many benefits. But they are not a perfect solution. While analog hearing aids might tend to amplify all sounds in your environment, programmable analog and digital instruments are capable of making loud sounds softer, and soft sounds louder, in the same listening situation. Multiple microphones improve discrimination and localization for some people in noisy and quiet situations. Sometimes the voices you want to hear can be enhanced in the presence of some background noise. However, you cannot expect these benefits to occur in unreasonably loud environments.

**Choices** – Today's technology allows a wide range of choices for most people with hearing losses. Hearing aids are designed for your specific needs. There are a number of circuit and microphone choices, as well as styles and sizes of hearing aids to pick and choose from. Hearing aids now can be hidden completely in the ear canal. However, if you are expecting to hear the best you can with amplification, it is in your best interest to listen to the advice of your audiologist when it comes to size and benefits. Small is not always best, and large is not always necessary.

**Dissatisfaction** – It is important to recognize that dissatisfaction with hearing aids is most often associated with your personal issues of motivation. If you are getting hearing aids to appease your loved ones, you're basing the right decision on the wrong reason. More people are satisfied with their hearing aids when they have their family's support. So when your loved ones encourage you to seek help, or wear hearing aids, it's important to try to welcome their sup-

port. They care enough about you to want you engaged in their social interchanges, and they want you to hear as well as you can.

**Emotions** – There are a number of emotions one experiences as a result of untreated hearing loss, including depression and anxiety, anger and hostility, frustration and embarrassment, lower self-esteem, increased feelings of isolation, resentment, paranoia and avoidance. The emotional impact of hearing loss is substantially reduced and often eliminated through hearing aid use.

**Feedback** – There are two areas of feedback worth mentioning. First, get feedback from those who love you about what they think you should do regarding your hearing loss and acquiring hearing aids. Maybe someone close to you can make a recommendation regarding the professional you should see. If you are courageous enough to ask for this feedback, be fair enough to listen with an open heart.

The second area of feedback pertains to what happens when you wear hearing aids. The "squealing" you hear is known as feedback. It is a normal process in a hearing aid or any amplified device. It will not impair the function of a hearing aid, and it is actually a way that many wearers can tell if their hearing aid battery is charged (typically by palming the hand over their ear). There are times with more highly powered hearing aids that undesirable feedback may occur, for example, on the telephone. There are tricks of the trade that can help diminish this, and in some cases, even eliminate it. Just ask your audiologist.

**Guilt** – Some people pursue hearing aids out of sheer guilt. They're tired of hearing their loved ones

(CONTINUED ON PAGE 5)



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# Hearing Aids From A to Z

(CONTINUED FROM PAGE 4)  
tell them how miserable it is living with someone who refuses help. If guilt gets you into an audiologist's office for help — which isn't so bad — you can expect that this guilt will be resolved as you go through the hearing aid acquisition process.

**Hearing again** — This is a proven way to eliminate your guilt over delaying the inevitable. It may be quite the challenge for you to slip out of your quiet world, make necessary changes and enter the noisier world. But once you reawaken to how easy communication can be, with the strain to hear gone (or greatly diminished), you will surprise yourself with how nice it is to rejoin your hearing world.

**Ill-fitting** — While you may be aware of the presence of hearing aids in your ears, they should fit comfortably. If you have discomfort, or the instruments are ill-fitting, you should tell your audiologist. It is very easy to remedy this by modifying the shell. Discomfort in the ear should be no issue at all.

**Jokes** — Okay, you already know about missing the punch lines. But the joke could be on you — new acquaintances will not be aware of your hearing problems, and they may draw false conclusions. They may think you're not interested in them, or not paying attention, or you've had a stroke, suffer from poor memory, perhaps some dementia, or a host of other problems.

**Knowledge** — The more educated you are about what to expect regarding your hearing aid experience, the more accepting you will be about their limitations. Hearing aids are very good, but they are not perfect. Successful hearing aid use does not mean hearing everything you hope to hear. It means hearing much better than

you otherwise would hear. Hearing aids do not restore hearing. Even with the best hearing aid technology, hearing aids perform their poorest in the presence of competing noise.

**Limitations** — There are two potential limitations with hearing aids: the physical hearing aids themselves, and their effectiveness during use:

Hearing aids have certain limitations that may require you mastering new challenges. Keep in mind they are electrical devices housed in a very humid environment — your ear. Moisture and electricity are not a good mix. This can result in occasional breakdown and failure, especially if you do not take proper care of them.

Their effectiveness should pleasantly surprise you. But you can't expect the impossible. There may be some sounds that are occasionally too loud, others too soft. Finding the right balance requires a skilled audiologist to fit the hearing aids, and even then, you may have to endure some frustrations. It will require you adapting to an imperfect world. Yet, it's worth repeating that no one who gets used to hearing aids prefers not using them. Take the challenge. Work with them. It gets better over time.

**Maintenance** — Daily hearing aid maintenance should include handling them carefully; keeping them away from pets; and avoid all airborne chemicals like aerosols (deodorants, perfumes, hair-sprays). Hearing aids are not moisture resistant, so keep them away from saunas, pools, and showers. You must conduct your own maintenance program to assure their optimal performance. There are four simple nightly rules before retiring to bed. 1. Wipe off the hearing aid with a handkerchief or other soft cloth that will not shred. 2.

Inspect for wax and remove it if you find it. 3. Brush the faceplate (the surface facing out of the ear) where the battery door and microphone are housed (this removes fine particles that can collect). 4. Open the battery door overnight to save power, and store them in a container designed for moisture reduction. This will reduce the chances for breakdown.

**Noise** — The most challenging acoustic environment for hearing aids is noise. Yet, this is something you can often control. Manipulate your acoustic environment. Seat yourself away from noise, such as in corners, or near padded walls, or closer to objects that absorb or block sound like tall plants or

(CONTINUED ON PAGE 15)

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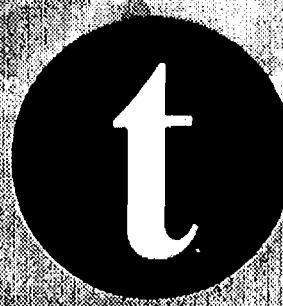
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# TRIAD program focuses on senior safety issues



Photo by Susan Warrington

Crawford County Sheriff Kirk Wakefield addresses the TRIAD team at a recent meeting, discussing the need for senior citizens to complete a survey providing information the group will use to help fulfill local needs. Shown is just a part of the TRIAD team: The Honorable John G. Hunter, Mary Coy, Bill Coy, County Commissioner Harold "Tike" Golnick, Barb Selesky, Commission on Aging (COA) Director Nova Anderson, COA Board member Bob Bonkoski, and RSVP Director Carol Stouffer.

A three-way effort among the sheriff, police chief and senior citizens called TRIAD who work together to reduce the criminal victimization of and improve the quality of life for senior citizens began earlier this year.

The program was initiated in 1989 in Louisiana, and now more than 700 counties nationwide have put it to good use.

TRIAD has many ways of helping senior citizens, but for the Crawford County

TRIAD to work efficiently and effectively, information is needed about the concerns of seniors and any help seniors would be willing to provide. This will assist local agencies in fashioning tailor-made programs and services for seniors.

A TRIAD survey was sent out several months ago, but not all seniors responded. If you have not filled out one, please use the one below and return it to Nova Anderson at the COA in Grayling.

### TRIAD QUALITY OF LIFE SURVEY

1. Which of these communities do you live in or closest to? (Grayling, Frederic, Maple Forest, Lovells, South Branch, Beaver Creek; please circle)

2. Do you live alone? Yes \_\_\_ No \_\_\_

3. Indicate in order of importance (1 being most important) the top five crime-related concerns in your area.

\_\_\_ Fear of crime    \_\_\_ Burglary    \_\_\_ Solicitors/vendors    \_\_\_ Vandalism  
\_\_\_ Vacant/abandoned house    \_\_\_ Purse snatching    \_\_\_ Animal problems  
\_\_\_ Traffic concerns    \_\_\_ Rape    \_\_\_ Victimization    \_\_\_ Fraud/scams  
\_\_\_ Abuse/neglect    \_\_\_ Residential burglary    \_\_\_ Murder    \_\_\_ Assault

Other: \_\_\_\_\_

Comments: \_\_\_\_\_

4. Would you be interested in any of the following crime prevention programs?

\_\_\_ Neighborhood Watch    \_\_\_ Home security survey    \_\_\_ Personal safety skills

Comments: \_\_\_\_\_

5. Would you be interested in participating in a volunteer program to assist law enforcement?

\_\_\_ Yes    \_\_\_ No    Please specify areas of interest:

\_\_\_ Neighborhood watch    \_\_\_ Reassurance visits    \_\_\_ Office work  
\_\_\_ Victim assistance program    \_\_\_ Home security

6. Do you need assistance in:    \_\_\_ Transportation/courier    \_\_\_ Shopping

\_\_\_ Running errands    \_\_\_ Other \_\_\_\_\_

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Address: \_\_\_\_\_ (Optional)  
(Age \_\_\_\_\_ Sex \_\_\_\_\_)

Thank you for taking time to fill out this survey. This survey will help your Triad to help you. Please return survey to Nova Anderson, 308 Lawndale, Grayling 49738 989-348-7123

Carol Stouffer, R.S.V.P.  
Kirk Wakefield,  
Crawford County Sheriff

Nova Anderson, COA Director  
Karl Schreiner,  
Grayling City Police Chief



Crawford County Commission on Aging

# Senior Citizen Center

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All Meals \$1.50 donation seniors

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*Meals on Wheels Program*

*Special Holiday Dinners & Activities*

*Birthday Dinners!*

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# For nearly 30 years, COA has been there

Among the many agencies in Crawford County designed to help its citizens, the Crawford County Commission on Aging (COA) is designed specifically for senior citizens.

The COA was set up in the 1970's by the Crawford County Board of Commissioners to help seniors maintain a quality lifestyle and stay in their own homes as long as possible. Part of the mandate of the COA is to be

aware of all senior citizens in the county and be ready to help them when they need it.

The COA and Senior Citizen Center is located at 308 Lawndale in Grayling. Services offered by the COA include light housekeeping, which may include laundry, shopping or other errands, respite care and Meals on Wheels. These services are available during the normal business hours of the COA (8:30 a.m. - 6:30 p.m. Monday through Thursday and 8:30 a.m. - 4:30 p.m. on Friday).

One of the drawbacks of the Commission on Aging homemaker service is the lack of availability during evenings and weekends. For those seniors who may need homemaker services or the services of a home health aide during the evening or on weekends, an alternative might be Mercy Healthcare at Home service.

This is a private service, but much of the cost may be covered through health insurance, long-term care insurance, and the Medicaid waiver program. For more information on this service, call 348-4383.

At the Center, there is a nurse on duty 20 hours each week, and each month there are hearing and foot clinics, as well as

the weekly blood pressure and blood sugar tests. The blood pressure and blood sugar tests are done in the dining room just before lunch, while the other clinics are held in the recreation room by appointment.

When the need arises to see a certain doctor or specialist, the COA will help arrange transportation for seniors to get to their appointments outside the city.

For those seniors who have difficulty getting to the Senior Citizen Center in Grayling, COA outreach has activities scheduled each month in Lovells, Frederic, Maple Forest, South Branch, and Beaver Creek townships.

Each month, the COA publishes and distributes the *Senior Gazette*. This handy booklet is available at various locations throughout the county. The *Gazette* lists activities scheduled each month, as well as the Center's lunch and dinner menus for the month. It also features recipes, features about volunteers and columns by COA staff members.

When the COA cannot fulfill a particular need, staff members will contact other agencies to help ensure the requested service is provided.

For more information, call 348-7123.

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# Remain Active With Rheumatoid Arthritis: Yoga Guide

(ARA) – More and more people are performing the age-old practice of Yoga. Yoga can stretch you, it can relax you and now it may help people with arthritis. According to the American Yoga Association (AYA), Yoga may help people with arthritis deal with pain and stiffness, improve range of motion and increase strength for daily activities.

One of the most common forms of arthritis is rheumatoid arthritis (RA), which affects approximately two million Americans, of which more than 75 percent are women.

RA is a chronic, autoimmune disease in which the body's immune system attacks healthy tissue lining the joints, leading to pain, deformity and disability that may be permanent. Now available is a first-of-its kind online Yoga guide specifically for people with RA, developed by the AYA, in collaboration with the Arthritis Foundation and support from RAacademy.com.

For thousands of years people have used Yoga to build flexibility and strength, improve concentration, relieve stress and increase energy. Today the benefits of Yoga may extend to people with RA. According to a pilot study

published in the British Journal of Rheumatology, people with RA who participated in a Yoga program over a three-month period experienced greater handgrip strength compared to those who did not practice Yoga.

"People with RA may benefit from low-impact exercises like Yoga to help improve overall health and fitness without further damaging or hurting the joints," said Dr. Cheryl Lambing, M.D., Assistant Clinical Professor at the University of California Los Angeles. "Physical activity may optimize both physical and mental health and plays a vital role in disease management."

The unique Yoga guide, Remain Active with RA, encompasses traditional Yoga poses including range-of-motion, muscle strengthening, and endurance exercises - the three major forms of exercise typically prescribed for people with RA. Each exercise contains detailed photographs and instructions indicating the proper way to perform each movement, with variation of exercises based on disease severity.

It is important for people with RA to speak to their physician before embarking on any new exercise program.

"With my rheumatoid

arthritis, I never thought I would be able to do an exercise like Yoga," said Lynn McKenzie-Collins, Ph.D. "I am now reassured that there is a Yoga guide tailored for people with my disease that may help my pain and stiffness."

The Remain Active with RA Yoga Guide is offered free exclusively at [www.RAacademy.com](http://www.RAacademy.com) and can be accessed when visitors to the site register. RAacademy is a disease web site, sponsored by Aventis Pharmaceuticals that provides RA-related news and information to people with the disease and their families. In addition to the Yoga guide, the site features self-care tools and tips for living with RA.

(Courtesy of ARA Content)

## Feeling a little lonely? Looking for a faithful companion? The Animal Shelter may know just who you are looking for!

Did you know studies have been done finding many health benefits for seniors who own pets? The studies found that stroking a pet has a very calming effect and can actually lower blood pressure. Cats are the best choice for seniors. They are rarely too large to pick up, don't need to be walked, and are perfectly content to live inside.

You say you don't like cats? I say you have never allowed a cat to own you. Many of us, myself included, grew up on farms and there were lots of cats. They were not pets, they had a job to do and were not allowed in the house. Most of them were half-wild and certainly could not be cuddled or held for any length of time.

Most of us also had dogs. They may have had a job (hunting, herding, etc.) and may not have been welcome in the house, but we allowed them to own us just the same. Allowing a cat to own you is different.

Cats are cuddly and loving. They are often demanding, which gives us a reason to get up in the morning. There is no greater joy than sitting in your chair with a cat purring happily in your lap as you stroke it. Cats are great companions who give back as much love and joy as they are given. --- Dixie Lobsinger, Shelter Manager/Vice President

The Animal Shelter of Crawford County has several adult cats that are spayed/neutered, and vaccinated. A few of them are even declawed. If you are looking for a companion to share your home and your life, stop by at 508 1/2 Huron Street in Grayling and see them, or call Dixie at 348-4117.



Princess is a 2 to 3 year old domestic longhair tortoiseshell. She is very loving but would prefer to be the only pet. Front declawed.



Cosmo is about 2 years old. He is a friendly domestic shorthair and a great neutered male cat.

## October Is Breast Cancer Awareness Month Are you eligible for a FREE screening?

District Health Department #10 offers FREE Clinical Breast Exams and Mammography along with Pap Smears for women who:

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(For Example)

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\*Have limited income

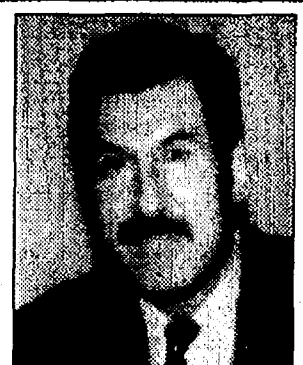
2 people in family, annual net income below \$29,850 per year

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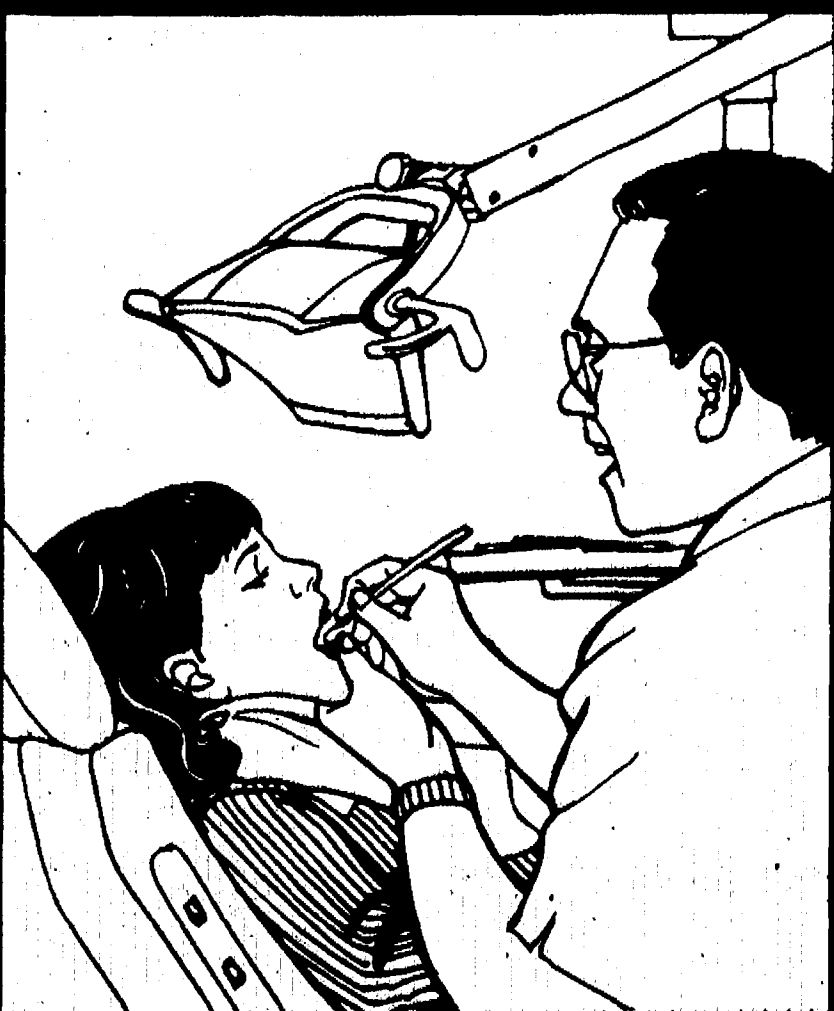
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C. Thomas Riegle, D.D.S.

People today are living longer and healthier lives. They also expect their quality of life to be better than their parents or grandparents. An integral part of our overall health and enjoyment is to be able to properly eat, chew and enjoy food. A healthy and fully functioning dentition contributes significantly to normal digestion and nutrition.

Most of today's dental problems can be prevented with proper home care and regular professional visits to your dentist. People no longer should accept that dentures are inevitable. In fact, the majority of tooth loss is the result of periodontal disease (the gradual destruction and loss of bone and tissue) causing teeth to become loose. With regular professional care, the instigators of periodontal disease can be arrested or eliminated, thus preserving the permanent dentition which was meant to last a lifetime.





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# Nursing homes offer more than expected

Many people have a negative view of nursing homes or extended care facilities as a result of a few bad examples exposed in the national media.

There are three extended care facilities in Crawford County, two located in Grayling and one in Frederic, all are trying their best to set a good example for everyone.

Nursing homes are used for both short-term and long-term care. Short term care patients are those who may be recovering from hip surgery, a heart attack or stroke and who are receiving rehabilitative therapy, or those who come for a few days of respite care.

Some short-term patients find they like the ambience and care at the nursing home; some opt

to stay as long-term patients.

Nursing homes offer security, round-the-clock skilled nursing care, balanced meals and the opportunity to socialize -- something of which many homebound seniors have very little.

Local hairdressers and barbers offer their services of haircuts, styles and even manicures for a minimal fee so that residents - male and female can always look their best.

Residents are free to come and go with their families. In fact, they are allowed to spend the night with their families as long as the nursing home is notified of their departure and estimated time of return to the facility.

Nursing centers offer various activities such as

movies, Bingo, games and crafts, special holiday celebrations and meals, as well as church services. Some residents share their talents at the piano and many have been known to belt out a few favorite songs.

Pets are usually allowed to visit, but most nursing homes do not allow live-in pets.

Some facilities have cats, dogs and caged birds that live on site and are available to visit with residents 24-hours a day, adding a touch of home, as well as comfort and companionship for many.

For more information on extended care facilities in the county call the Grayling Nursing Centre at 348-2801, Mercy Manor at 348-0317, or Timberview Village at 348-8458.

# Stretch your mind... get involved, have some fun

Senior citizens who want to stretch their minds can investigate many avenues.

Every year the Adult, Alternative and Community Education program offers classes for those who want to earn a high school diploma or take classes for enrichment

such as yoga. For more information on these programs call 344-3535.

Seniors who are residents of Crawford County can take one class each semester at Kirtland Community College for approximately \$40. This fee varies depending on the course taken.

There are quilt guilds, fiber guilds, and scrapbooking groups in the county. Check with the COA for more groups.

There are card games at the COA and bingo games at the Eagles Club and Knights of Columbus Hall.

The library has books, audio books, and videos as well as computers with Internet access.

There are part-time jobs available -- try one in an area of interest. For instance, if you are a quilter, try to get a job in a quilt store.

Volunteers are needed

everywhere -- from the animal shelter to the hospital, from the schools to the library. If you have a specific place where you think you might want to volunteer, contact them directly.

If you are undecided, the best place to check out volunteer opportunities is the RSVP program. RSVP stands for Retired and Senior Volunteer Program which gives volunteers a chance to use skills or develop new ones while helping others in their community.

This program ranges from helping someone learn to read, learn a new skill (painting, weaving, wood carving, a new language), helping with Meals on Wheels, helping someone with gardening or house repairs, to visiting someone.

For more information on RSVP contact Carol Stouffer at (989) 275-1717.

## WANTED OLD PHOTOS!

We accept old photos for our "Historically Speaking" portion in our paper. Please submit your photos with information at *The Avalanche* office.

102 Michigan Ave., Grayling.

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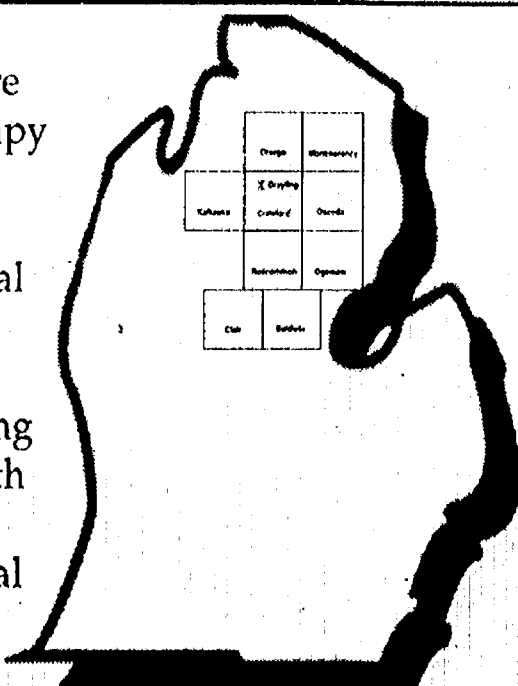
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# Housing needs may change as seniors grow older

A senior may need housing changes for various reasons: their home is now too large, it has become too much to take care of, the desire to be near others of the same generation, or the need for more care.

There is a need for more senior housing in the area, but some housing options available in the Grayling area include the units on Lawndale owned by the Grayling Housing Commission.

Other places in the area with units designed for senior citizens (some handicapped-equipped) are Riverview Apartments, Cobble Creek

Apartments, Whispering Pines and Viking Village.

There may be waiting lists for all of these places, so if you are thinking about moving into one of them, call for more information.

Timberview Village in Frederic provides licensed adult foster care, assisted care and several apartments for senior citizens and disabled adults. Residents have the option of preparing their own meals or eating with the group.

Housekeeping and laundry services are available if desired also. Transportation is provided

through local Dial-a-Ride buses and sometimes the staff will transport residents.

There is also a new retirement community with assisted and independent living units called The Brook, located in Roscommon. It opened in the summer of 2002 and currently has 40 units ranging from studio apartments to two bedroom units. In the assisted care wing, there is a room set aside for consulting with a doctor.

Nurses are on duty during the day and nurse aides are available 24 hours a day.

## What Everyone Should Know About Generic Drugs

(ARA) - An estimated 44 percent of all prescriptions in the United States are filled with generic drugs. These products carry all the medicinal qualities (and side effects) of their brand-name counterparts, but generics tend to have one additional benefit: lower cost.

According to the U.S. Food and Drug Administration (FDA), a generic drug is a copy that is identical to a brand-name drug in dosage, safety, strength, how it is taken, quality, performance and intended use.

New drugs, like other new products, are developed under patent protection. The patent protects the investment - including research, development, marketing and promotion - by giving the company the sole right to sell the drug while the patent is in effect.

When patents or other periods of exclusivity on brand-name drugs near expiration, manufacturers can apply to the FDA to sell generic versions. For example, in the 1950s, when analgesic acetaminophen was developed, it was only available

under its brand name - Tylenol. Today, acetaminophen can be found in many other pain relief products, including generic and store-brand versions.

"FDA approved generic drugs are bioequivalent and therapeutically equivalent to their brand-name counterparts," says Gary Buehler, director of FDA's Office of Generic Drugs. "People can use them with total confidence."

Both brand-name and generic facilities must meet standards of good manufacturing processes. The FDA conducts about 3,500 inspections each year to ensure standards are met.

Generic firms have facilities comparable to those of brand-name firms. In fact, brand-name firms account for an estimated 50 percent of generic drug production.

They frequently make copies of their own or other brand-name drugs but sell them without the brand name.

To learn more about generic drugs, contact your physician, pharmacist or insurance company, or visit the FDA Web site

at [www.fda.gov/cder/ogd/index.htm](http://www.fda.gov/cder/ogd/index.htm).

(Courtesy of ARA Content)

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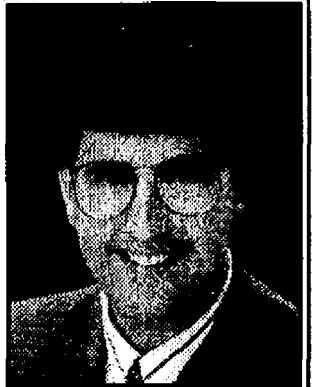
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**by Ronald K. Olm, D.P.M.**

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Diabetes is becoming an alarmingly common disease. The number of new cases is expected to more than double in the next 25 years, about 300 million worldwide. Foot trouble is one of the biggest problems associated with the disease. Diabetes damages nerves, so patients lose sensation in their extremities. It can also reduce blood flow to the feet by narrowing arteries. With nerve damage and decreased blood flow, a patient may be unaware of sores or blisters, and wounds that do occur heal slowly - making the foot prone to infections that could lead to amputation. Patients should examine their feet daily, looking for signs of trouble that can include blisters, cracked skin, red streaks, swelling, or any discoloration.

While some foot conditions are annoyingly painful and might require routine professional care, others are deadly serious and demand close podiatric attention. Diabetes is at the top of the list of this second category. If you are new to the area and don't have a podiatrist, or if you are looking for a second opinion about a foot condition, we invite your call at GRAND TRAVERSE FOOT & ANKLE CENTER, P.C. 922-9100 & 800-968-7440. We're located at 1209 E. 8th Street, Traverse City. Offices in Traverse City, also Kalkaska Memorial Health Center Monday & Wednesday afternoons and evenings.

P.S. Obesity, poor diet, and a sedentary lifestyle are major contributors to diabetes.

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## Don't suffer incontinence in silence

Too many women are suffering silently with incontinence because they're embarrassed to talk to their doctors about their problem, a University of Michigan gynecologist and incontinence specialist says. They may be afraid that nothing can be done for them, and that leaky bladders are an inescapable consequence of having a baby, growing older - or just being female.

But, says Denise Howard, M.D., M.P.H., women with urinary incontinence problems have many options to help them overcome the condition, from exercise to surgery. All it takes to find out what's best for them is a little bit of courage to bring up the topic during a doctor visit.

"Incontinence could be described as an epidemic," says Howard, one of several specialists who treat incontinent women in the U-M's Obstetrics and Gynecology Department. "About 35 percent of all women have some form of urinary incontinence, and as many as one in nine of those women undergo surgery for it." If you include men and children, about 13 million people nationwide having wetting disorders.

But many women with this embarrassing and often lifestyle-altering problem don't seek help because of preconceived notions, Howard explains. This can lead to anxiety and depression and even become a factor in the decision to enter a nursing home. "In fact, while the severity of this problem can increase with age, it should not be considered a normal part of aging. There is help available," she says. She even says that the recent increase in advertisements for products to help incontinent women have begun to encourage a more open dialogue about the problem.

Howard is especially interested in studying the prevalence of the condition among African-American women, and in comparing groups of women who have continence problems after their first birth with those who experience the problem later or not at all. Meanwhile, she offers information on the different types and causes of incontinence, and approaches for each.

### Types of incontinence

**Stress urinary incontinence** - "In this condition, women leak urine when they do something stressful like coughing or laughing, or even exercising," Howard says.

**Urge incontinence** - This condition makes a woman feel an urgent need to urinate, making it impossible to get to the toilet before wetting herself. It often increases in frequency with age. "This kind can occur together with stress incontinence, to create a condition we call mixed incontinence," Howard says.

**Overflow incontinence** - This type of problem occurs when a woman's bladder is so full that she does not sense the need to urinate, and urine leaks out.

### Causes of incontinence

In addition to the weakening of bladder muscles as a woman ages, Howard says, there are several other things that can cause or contribute to incontinence.

"One of the major factors that we feel contributes to the development of this problem is giving birth," she says. "Women who have incontinence are 11 times more likely to have had a vaginal delivery."

Another aggravating factor is weight. "Many women with mild stress incontinence find that losing 10 or 20 pounds may help their symptoms," Howard explains.

### Treatment options

So what can a woman with any form of bladder leakage do? First, Howard says, she should talk to her primary doctor about it. Most physicians are now well-versed in recognizing the condition and can suggest treatments or refer patients for specialty care. Even if a woman's current doctor can't offer help, other primary care physicians in the local area might.

To start addressing incontinence, doctors may recom-

mend something as simple as making regular trips to the bathroom, and limiting fluid intake or activities that provoke leakage. But women shouldn't allow incontinence to crimp their lifestyle: There are many medical options.

For those with stress incontinence, the treatment may depend on their individual lifestyles. "A woman who tends to leak urine only when she does very strenuous things, such as playing tennis, may find that a device that inserts into the urethra, or urine channel, to block the opening may be effective during those particular time," Howard explains.

Those who aren't as physically active, or those who leak only when they cough or laugh, can learn to contract their pelvic muscles to diminish or prevent leakage. "Learning how to do those exercises, which we call Kegel exercises, can strengthen your pelvic floor, and decrease incontinence," she says. Just three sets of 10 muscle contractions a day can help. But women should ask a doctor before starting a Kegel regimen, to make sure they're doing it correctly.

For those who need even more help, Howard adds, there are a variety of minor and major surgical options. A simple outpatient procedure to inject collagen into the urethra to stiffen its walls is one possibility, while implanted devices called pessaries that fit inside the vagina and support the urethra work for other women. Other corrective procedures can be done through the abdomen or the vagina, or even combined with other gynecological surgery. Howard warns that women with conditions that increase their risk of surgical complications may best be served by more conservative approaches such as devices.

Most importantly, Howard says, women should begin exploring their options with their doctor, and keep trying different treatments until they find one that works. "There are plenty of women who have been treated in the past but are frustrated because they feel they haven't had positive results," she stresses. "But just because you've had one treatment and it failed doesn't mean there aren't other options for you."

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# It is never too soon to make your final plans

Although it is something no one likes to face, there is only one way out of this world. The best thing you can do for your loved ones is have everything prepared beforehand. This includes wills, organ donations, burial plots and directions for your funeral or memorial service.

The first step to taking care of your loved ones is making a will. Michigan does recognize do-it-yourself wills but to make sure everything is covered you might be better off contacting a reputable attorney. The current cost for a typical will is about \$100-\$200.

If you want to donate your organs, in addition to having the information on your driver's license, make sure your family knows and have it clearly

stated in your advance directive for health care.

Ask your doctor about completing an advance directive which will allow you to have a say in your health care if you should become incapacitated. This directive can include a "Do Not Resuscitate" order or instructions regarding your wishes about the extent of life-sustaining care administered in a critical situation.

Once you have your will in place, you should contact a funeral director to discuss exactly what you want done for your funeral or memorial service. You can specify the type of service, casket, or if you prefer cremation, what type of urn you want. In some cases, you can even prepay, so your loved ones have one less thing to deal with upon your death.

To purchase a burial plot, you need to contact the township clerk who will help you select an appropriate plot and tell you what kind of care is available.

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<b>Crawford</b>	<b>Presque Isle</b>
<b>Iosco</b>	<b>Roscommon</b>



For more information and services available to seniors over the age of 60 please call the AAA or In-Home Services Coordinator at the Senior Center nearest you.

## Care Management

Is a program designed to locate, mobilize and manage a variety of in home services for frail elderly adults to avoid premature nursing home or adult foster care placement.

### You May Be Eligible For Care Management If You:

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- Are unable to perform basic activities of daily living that would allow you to remain in your home
- Are medically eligible for placement in a nursing facility.



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# Depression In The Elderly Is Treatable

Depression is not a normal part of aging, according to research supported by the National Institute of Mental Health (NIMH). Warning signals family and friends should look for include chronic sleep problems and inability to rest, excessive worrying, increasing dependency, withdrawal from friends, hypochondria and complaints of chronic aches or pains that cannot be attributed to other disorders.

"Family members are the key in getting elders into treatment, because too often elders don't recognize depression in themselves," points out Dr. Charles Reynolds, director of the Late Life Depression Clinic at the University of Pittsburgh, one of three Intervention Research Centers supported by NIMH. In addition, he said, many senior citizens

will not discuss mental health problems with their doctors because they don't want the term "depression" associated with them.

With clinical depression in the elderly comes a far more serious threat—suicide. The highest rates of suicide are among the elderly, particularly white men ages 80 to 85, says Dr. Reynolds.

Getting the proper treatment for a depressed elder is vital to prevent depression from getting worse. Yet only one in six elders with clinical depression gets diagnosed and treated for the illness, according to an updated NIH consensus development statement.

The steps to handling depression are easy to remember for both seniors and their loved ones:

- Recognize that depression

is not a normal part of aging, and take symptoms seriously.

- Seek information from individuals and organizations experienced in helping the elderly.

- Mobilize social support from relatives and friends.

- Most importantly, get treated promptly.

Free brochures on depression and its treatment are available by calling NIMH at 1-800-421-4211 or on the Internet at [www.nimh.nih.gov/publicat/depoldermenu.cfm](http://www.nimh.nih.gov/publicat/depoldermenu.cfm).

A pamphlet on depression by NIH's National Institute on Aging is also online at:

[www.nih.gov/nia/health/agepages/depresti.htm](http://www.nih.gov/nia/health/agepages/depresti.htm)

For a free brochure about depression and its treatment call NIMH at 1-800-421-4211.

## Paying For Long-Term Care

A recent study found a growing number of Americans expect to take responsibility for their long-term care (LTC) needs.

The study, commissioned by the Health Insurance Association of America (HIAA), reported most people over age 55 do not believe the government will pay for their long-term care within the next ten years.

Despite the findings, experts caution that too few Americans have actually made the necessary plans and arrangements for their LTC needs and the LTC needs of their loved ones.

To help people assure their LTC needs will be met-without forcing them into bad options or driving them into bankruptcy—analysts recommend LTC insurance. The insurance can help:

- Bring peace of mind about the future
- Keep policyholders, or their loved ones, in their own homes, instead of nursing homes
- Get access to home care or care in an assisted

living facility

- Ease the physical and emotional burdens often felt by family caregivers.

As private LTC insurance becomes more popular, innovation and competition have helped bring consumers better value for their dollar.

The HIAA has a toll-free number and Web site that consumers can visit to find out if LTC coverage is right for them and how to shop for an LTC insurance provider. For more information or a free LTC guide, visit [www.hiaa.org](http://www.hiaa.org) or call 1-877-LTC-4USA.

Long-term care insurance can help protect retirement savings during senior years.

## Advice You Can Trust



We at Sorenson Funeral Home, McEvers Chapel would like to share with you a very valuable service. Funeral planning...before the need arises. We have one of the finest pre-funeral planning programs available. It allows the security and peace of mind that knowing the tremendous burden of future arrangements have been lifted and replaced by the knowledge that guaranteed product and services are ready when needed with only one phone call to make.

As part of our continuing effort to help our families plan for, and ultimately deal with, the passing of loved ones, we want to make you familiar with this program. Please call for an appointment to discuss, with no obligation, the details of this beneficial program.

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# Hearing Aids From A to Z

(CONTINUED FROM PAGE 5)

objects that absorb or block sound like tall plants or pillars. At social gatherings, rather than mingle through the crowd, remain more on the periphery, and if possible, let people come to you. If you have better hearing in one ear, direct the better ear toward the conversation when around noise. You can expect to hear better when you take charge of your acoustic environment.

**One vs. Two** – Many people are quite surprised when an audiologist recommends two hearing aids. One hearing aid cannot compensate for loss of hearing in two ears. Binaural hearing allows for improved hearing in quiet and noise, and better sound localization. Using only one hearing aid when two are indicated results in you turning the volume up. Consequently, you're also turning unwanted environmental noise louder (especially true in analog hearing aids). When a second hearing aid is introduced, you will turn down the volume on the first one, and you will certainly hear better.

**Patience** – Be patient. The average person requires up to four months of hearing aid use before feeling really comfortable with them.

**Questions** – Ask your audiologist plenty of them! It's best if you keep a diary, logging as many positive and negative experiences as you can. Be specific about the problems you experience. Don't just report that you didn't hear the sermon well at church. Report on where you sat, who was speaking, how large the facility was, were others saying they had trouble, was anything blocking your path, did the speaker use the microphone correctly? The more information you give to your audiologist, the more efficient he or she will be in addressing your questions and offering you solutions.

**Rumors** – Don't believe them. Instead, find an audiologist through a reliable source, perhaps from friends pleased with their hearing aids. Find someone who has years of service, a high level of knowledge, and is empathetic to your

needs. And believe far more in your own experiences than the rumors.

**Stigma** – Some people believe there is a stigma to wearing hearing aids. The truth is hearing loss is more noticeable than hearing aids.

**Tinnitus** – Some people report that their tinnitus (ringing in their ears) is reduced or temporarily gone while using hearing aids. Perhaps it's wise not to expect this, but enjoy it if it happens.

**Underrated** – Hearing aids are probably the most underrated medical device used in America today. Millions of Americans are not benefiting from amplification, due to ignorance, rumors, myths and lack of professional support. The most trusted and reliable source -- physicians -- unfortunately know little about hearing aids and therefore only infrequently make appropriate referrals for them. You don't have to be one of these statistics if you take it upon yourself to seek hearing healthcare help. More than 90 percent of all hearing losses fit with hearing aids are due to nerve loss or inner ear damage.

**Victory** – You certainly spend a lot of money on other people, especially those you love. Do not begrudge making the investment of hearing aids in yourself. Appropriate amplification can immediately increase the quality of your life, and is the victory you've been waiting for.

**Worry** – Remember that Jamaican song that played throughout America a few years ago? "Dooon't worryyyyy! Beeeeeee Happy!" It's rock solid advice. We spend more time worrying about what we want to do (or not do) than the time it takes to achieve it.

**You** – Expectations are all about you. There is little doubt that hearing loss has taken its toll on relationships. You can start the healing once you address your hearing problem. By getting hearing aids, wearing them, and letting the experience speak for itself, you make meaningful changes in the world around you. The arguments and issues over not hearing

well are gone. With the effective use of hearing aids, one thing you can expect is more joy in your life.

**Zigzagging** – If you decline helping yourself through amplification, your path will be one of zigzagging through high-level emotions that could be currently tormenting you and your loved ones. Without hearing aids, you can expect to live without trusting what you hear. Enduring these uncertainties is not necessary. No one can help you until you are willing to help yourself. Seek the advice of an audiologist.

For further information about hearing aids or find an audiologist in your area check out the Audiology Awareness Campaign at [www.audiologyawareness.com](http://www.audiologyawareness.com). Call (888) 833-EARS (3277) for a free 15-page booklet called "Listen Up America... We Hear You". Direct inquiries to Dr. Kathy Landau Goodman, audiologist and chairperson of the Audiology Awareness Campaign.

(Courtesy of ARA Content)

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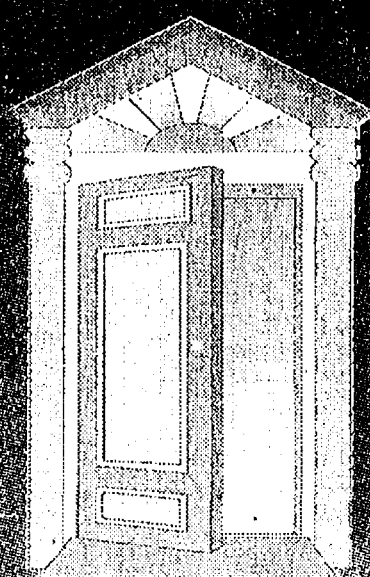
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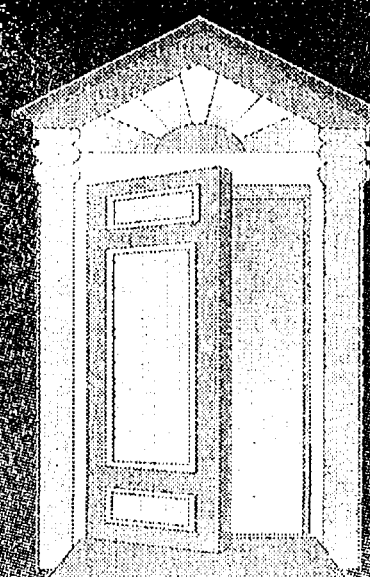
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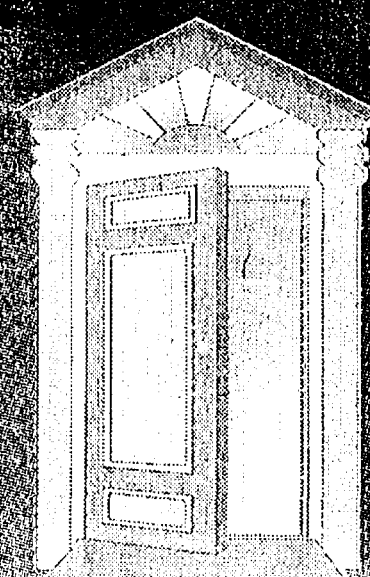
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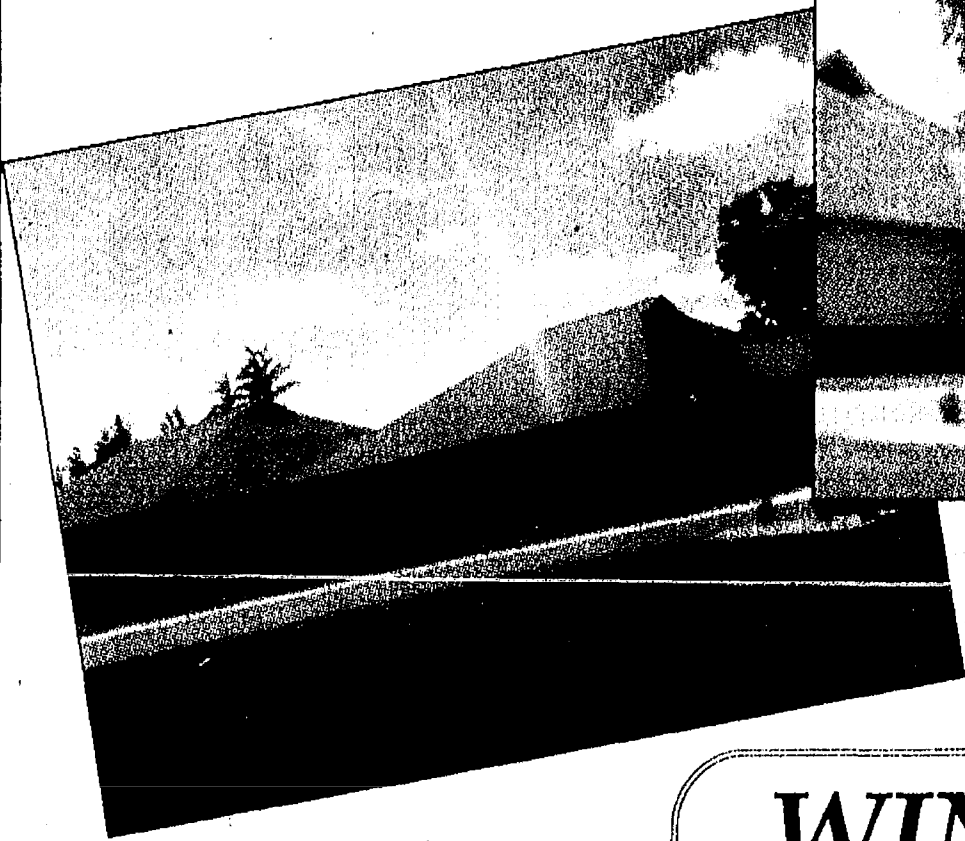
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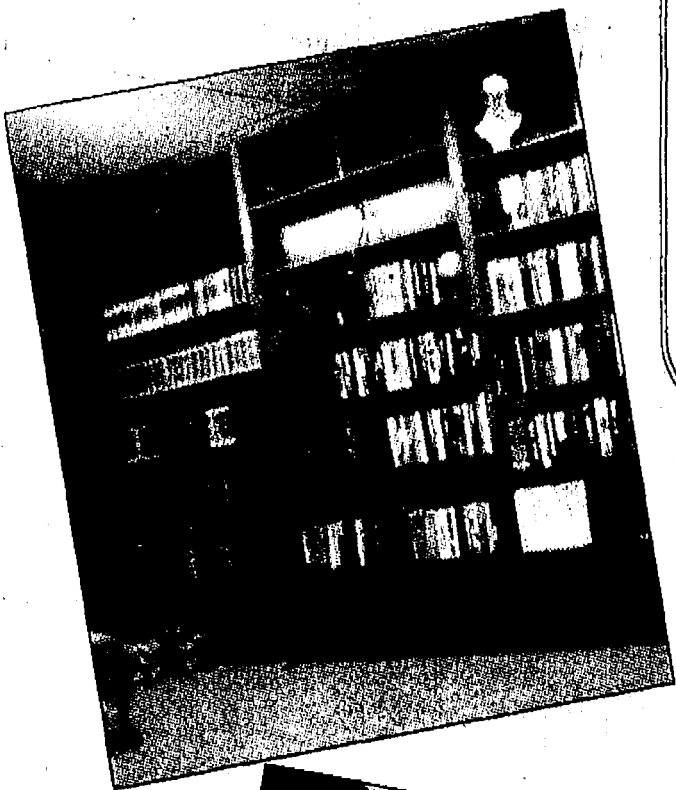
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